



SHRIMP IN GARLIC SAUCE (CAMARONES AL AJILLO)

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



208 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 8 garlic cloves finely sliced
- ☐ 5 tablespoons olive oil
- ☐ 2 tablespoons parsley plus more for garnish chopped
- ☐ 0.3 teaspoon pepper flakes dried red hot
- ☐ 6 servings salt and pepper black to taste
- ☐ 1 pound shrimp deveined peeled

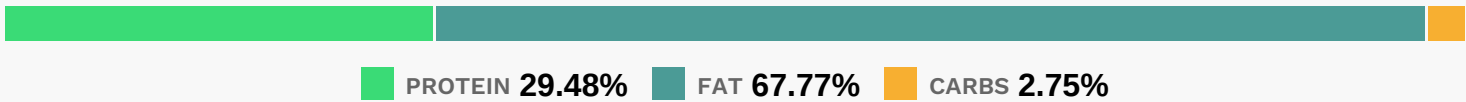
Equipment

- ☐ frying pan
- ☐ tongs

Directions

- ☐ In a large heavy skillet, heat the butter and olive oil over low heat.
- ☐ Add the garlic, red pepper flakes, salt and black pepper and cook about 4 minutes, stirring occasionally, until the garlic is tender but not browned.Increase heat to medium and add shrimp and sauté, turning the shrimp once with tongs, until shrimp are just cooked through, about 2 minutes each side.
- ☐ Add the parsley and cook for another 2 minutes. Using tongs, remove the shrimp from the pan, pour the sauce over the shrimp, garnish with parsley, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:18.67, Glycemic Load:0.39, Inflammation Score:-2, Nutrition Score:5.3491304011449%

Flavonoids

Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 207.53kcal (10.38%), Fat: 15.88g (24.43%), Saturated Fat: 4.09g (25.58%), Carbohydrates: 1.45g (0.48%), Net Carbohydrates: 1.3g (0.47%), Sugar: 0.06g (0.07%), Cholesterol: 131.75mg (43.92%), Sodium: 316.79mg (13.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.54g (31.08%), Vitamin K: 29.37µg (27.97%), Phosphorus: 170.04mg (17%), Copper: 0.31mg (15.53%), Vitamin E: 1.83mg (12.22%), Zinc: 1.08mg (7.21%), Magnesium: 28.35mg (7.09%), Potassium: 225.91mg (6.45%), Calcium: 59.09mg (5.91%), Vitamin A: 254.01IU (5.08%), Manganese: 0.1mg (4.79%), Vitamin C: 3.02mg (3.66%), Iron: 0.63mg (3.48%), Vitamin B6: 0.05mg (2.63%)