



## Shrimp Marinated in Lemon and Olive Oil

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



490 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tablespoons parsley fresh chopped
- 0.1 teaspoon fresh-ground pepper black
- 3.5 teaspoons juice of lemon
- 2 tablespoons olive oil
- 0.3 teaspoon salt
- 1 pound shrimp
- 1 tomatoes seeded cut into 1/4-inch dice

### Equipment

- bowl
- frying pan
- pot

## Directions

- Bring a large pot of salted water to a boil.
- Add the shrimp, cover, and bring back to a boil. Continue boiling, partially covered, until the shrimp are just done, 1 to 2 minutes.
- Drain.
- Let the shrimp cool and then peel them.
- In a large glass or stainless-steel bowl, combine the lemon juice with the olive oil, tomato, salt, pepper, and parsley.
- Add the shrimp and toss.
- Variations: Substitute a pound of sea scallops for the shrimp.
- Heat one tablespoon of oil in a large nonstick frying pan over moderately high heat until very hot. Season the scallops with one-eighth teaspoon salt.
- Put the scallops in the pan and sear until brown on the bottom, one to two minutes. Turn and brown on the other side until just done, one to two minutes longer.
- Remove the scallops and cut them into quarters. Toss with the marinade.: Spice up the dish by adding one-quarter teaspoon dried red-pepper flakes to the marinade.: Use chopped fresh basil instead of the parsley.: For an extra flavor dimension, add a clove of minced garlic to the marinade.

## Nutrition Facts



## Properties

Glycemic Index:36, Glycemic Load:34.38, Inflammation Score:-6, Nutrition Score:16.123478215674%

## Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.63mg, Hesperetin: 0.63mg, Hesperetin: 0.63mg, Hesperetin: 0.63mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg,

Naringenin: 0.27mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

## **Nutrients (% of daily need)**

Calories: 489.96kcal (24.5%), Fat: 8.8g (13.54%), Saturated Fat: 1.29g (8.09%), Carbohydrates: 86.34g (28.78%), Net Carbohydrates: 82.25g (29.91%), Sugar: 3.96g (4.4%), Cholesterol: 0mg (0%), Sodium: 155mg (6.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.14g (30.28%), Selenium: 71.68µg (102.4%), Manganese: 1.09mg (54.35%), Vitamin K: 39.66µg (37.77%), Phosphorus: 223.31mg (22.33%), Copper: 0.35mg (17.52%), Fiber: 4.09g (16.37%), Magnesium: 64.86mg (16.21%), Zinc: 1.68mg (11.17%), Vitamin B3: 2.14mg (10.71%), Vitamin C: 8.57mg (10.38%), Potassium: 342.27mg (9.78%), Iron: 1.73mg (9.62%), Vitamin B6: 0.19mg (9.48%), Vitamin E: 1.32mg (8.81%), Vitamin A: 425.23IU (8.5%), Vitamin B1: 0.12mg (7.75%), Folate: 28.95µg (7.24%), Vitamin B5: 0.53mg (5.31%), Vitamin B2: 0.08mg (4.51%), Calcium: 30.35mg (3.03%)