



Shrimp Piri Piri

 **Gluten Free**  **Dairy Free**

READY IN



1470 min.

SERVINGS



4

CALORIES



488 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup cilantro leaves fresh roughly chopped
- 4 medium cloves garlic
- 0.3 cup juice of lime freshly squeezed
- 4 servings lime wedges for serving
- 0.3 cup olive oil
- 1 tablespoon paprika
- 1 tablespoon red wine vinegar
- 4 servings salt

- 3 medium serrano chiles
- 1.5 pounds shrimp deveined uncooked peeled (40)
- 4 servings rice white for serving

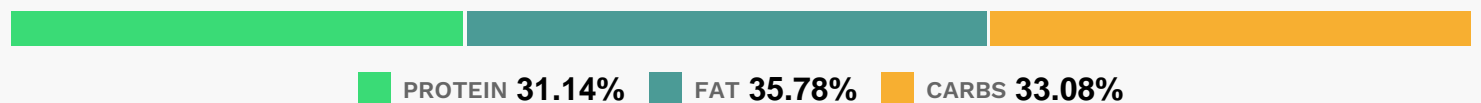
Equipment

- bowl
- frying pan
- baking sheet
- oven
- blender

Directions

- Heat oven to 500 degrees F and arrange rack in upper third.
- Place chiles on a baking sheet and roast until blackened and soft, about 10 to 15 minutes. Trim chiles and remove seeds.
- Combine chiles, garlic, paprika, lime juice, and vinegar in a blender and blend until smooth and combined, about 1 minute.
- Add olive oil and blend until thoroughly incorporated and marinade thickens slightly.
- Combine marinade and shrimp in a medium nonreactive bowl and toss to coat.
- Let marinate 20 minutes to 24 hours in the refrigerator.
- Heat a large cast iron skillet over medium-high heat. When heated, add half the shrimp and cook until white with a few brown spots, about 1 to 2 minutes per side.
- Transfer to a serving plate and season with salt. Repeat to cook off all shrimp.
- Toss shrimp with cilantro and serve with lime wedges over rice.

Nutrition Facts



Properties

Glycemic Index:42.55, Glycemic Load:22.49, Inflammation Score:-6, Nutrition Score:13.454347848892%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.79mg, Hesperetin: 1.79mg, Hesperetin: 1.79mg, Hesperetin: 1.79mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg

Nutrients (% of daily need)

Calories: 487.55kcal (24.38%), Fat: 19.45g (29.92%), Saturated Fat: 2.78g (17.39%), Carbohydrates: 40.45g (13.48%), Net Carbohydrates: 38.89g (14.14%), Sugar: 0.72g (0.8%), Cholesterol: 273.86mg (91.29%), Sodium: 402.25mg (17.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.09g (76.17%), Phosphorus: 432.03mg (43.2%), Copper: 0.8mg (40.09%), Manganese: 0.65mg (32.69%), Vitamin E: 3.25mg (21.69%), Vitamin A: 1002.42IU (20.05%), Zinc: 2.92mg (19.5%), Magnesium: 77.66mg (19.42%), Potassium: 594.96mg (17%), Vitamin K: 17.1µg (16.29%), Calcium: 135.54mg (13.55%), Selenium: 7.53µg (10.76%), Iron: 1.87mg (10.41%), Vitamin C: 8.18mg (9.91%), Vitamin B6: 0.18mg (9.05%), Fiber: 1.56g (6.26%), Vitamin B5: 0.57mg (5.66%), Vitamin B3: 1.04mg (5.2%), Vitamin B1: 0.05mg (3.43%), Vitamin B2: 0.06mg (3.27%), Folate: 8.08µg (2.02%)