



Shrimp Provençal



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



58 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon chili flakes hot
- ☐ 2 tablespoons basil leaves fresh chopped
- ☐ 0.5 teaspoon lemon zest shredded
- ☐ 25 oz tomatoes
- ☐ 0.5 cup orange juice
- ☐ 1 teaspoon orange peel shredded

Equipment

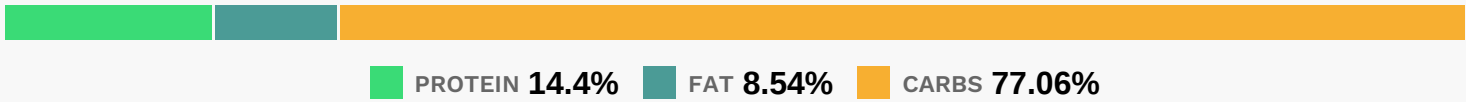
- ☐ bowl

- ☐ frying pan
- ☐ ladle

Directions

- ☐ In a 12-inch frying pan or 5- to 6-quart pan over high heat, combine lemon peel, orange peel, orange juice, chili flakes, and marinara sauce. Stir often until boiling.
- ☐ Add shrimp and stir often until shrimp are opaque but moist-looking in the center of the thickest part (cut to test), 5 to 8 minutes.
- ☐ Add basil and ladle into wide bowls.

Nutrition Facts



Properties

Glycemic Index:41.75, Glycemic Load:4.69, Inflammation Score:-7, Nutrition Score:9.0043477338293%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 58.01kcal (2.9%), Fat: 0.64g (0.98%), Saturated Fat: 0.09g (0.54%), Carbohydrates: 12.95g (4.32%), Net Carbohydrates: 10.05g (3.65%), Sugar: 8.94g (9.94%), Cholesterol: 0mg (0%), Sodium: 844.33mg (36.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.42g (4.84%), Vitamin C: 29.09mg (35.26%), Vitamin A: 958.31IU (19.17%), Vitamin E: 2.67mg (17.79%), Potassium: 597.52mg (17.07%), Fiber: 2.9g (11.61%), Copper: 0.22mg (11.22%), Manganese: 0.21mg (10.48%), Iron: 1.84mg (10.24%), Vitamin B6: 0.19mg (9.71%), Vitamin B3: 1.92mg (9.62%), Vitamin K: 9.41µg (8.96%), Magnesium: 31.15mg (7.79%), Vitamin B2: 0.13mg (7.54%), Folate: 26.18µg (6.54%), Vitamin B5: 0.61mg (6.14%), Phosphorus: 54.55mg (5.46%), Vitamin B1: 0.07mg (4.81%), Calcium: 31.95mg (3.2%), Zinc: 0.43mg (2.84%), Selenium: 1.15µg (1.65%)