



Shrimp Stuffed Peppadews

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



133 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon butter
- ☐ 2 tablespoons garlic diced
- ☐ 3 tablespoons green onions sliced
- ☐ 1 tablespoon juice of lemon
- ☐ 2 tablespoons white wine
- ☐ 2 cups napa cabbage
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 0.5 cup onions diced

- ☐ 2 tablespoons freshly parsley leaves italian chopped
- ☐ 3 tablespoons rice wine vinegar
- ☐ 0.8 pounds shrimp diced cleaned ()
- ☐ 1 tablespoon soya sauce
- ☐ 2 tablespoons white wine
- ☐ 1.5 cups peppadews (20 to 25 pieces)
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Equipment

- ☐ frying pan

Directions

- ☐ Watch how to make this recipe.
- ☐ In a medium saute pan add 2 tablespoons extra-virgin olive oil, and sweat onions and garlic.
- ☐ Add chopped shrimp, saute until they turn pink, then deglaze with white wine and lemon juice.
- ☐ Add butter, let melt, and cool to the touch. Toss in the parsley.
- ☐ Stuff peppers with shrimp mixture.
- ☐ Mix rice wine vinegar, 1/4 cup extra-virgin olive oil, mirin, soy sauce, green onions, and cabbage.
- ☐ Place peppers on cabbage mixture for service.

Nutrition Facts



Properties

Glycemic Index:49.67, Glycemic Load:0.81, Inflammation Score:-4, Nutrition Score:6.7965216769472%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin:

0.4mg, Hesperetin: 0.4mg, Hesperetin: 0.4mg, Hesperetin: 0.4mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 3.09mg, Quercetin: 3.09mg, Quercetin: 3.09mg, Quercetin: 3.09mg

Nutrients (% of daily need)

Calories: 132.97kcal (6.65%), Fat: 6.95g (10.69%), Saturated Fat: 1.92g (12.02%), Carbohydrates: 3.86g (1.29%), Net Carbohydrates: 3.11g (1.13%), Sugar: 1.25g (1.38%), Cholesterol: 96.3mg (32.1%), Sodium: 255.33mg (11.1%), Alcohol: 1.03g (100%), Alcohol %: 0.98% (100%), Protein: 12.46g (24.92%), Vitamin K: 42.06µg (40.05%), Phosphorus: 145.29mg (14.53%), Vitamin C: 11.96mg (14.5%), Copper: 0.25mg (12.69%), Manganese: 0.17mg (8.35%), Potassium: 272.61mg (7.79%), Magnesium: 28.88mg (7.22%), Calcium: 70.42mg (7.04%), Folate: 27.78µg (6.95%), Zinc: 0.93mg (6.18%), Vitamin B6: 0.12mg (6.15%), Vitamin A: 281.76IU (5.64%), Vitamin E: 0.79mg (5.28%), Iron: 0.7mg (3.91%), Fiber: 0.74g (2.96%), Vitamin B1: 0.03mg (1.83%), Vitamin B2: 0.03mg (1.77%), Vitamin B3: 0.3mg (1.51%), Selenium: 0.72µg (1.02%)