



Shrimp with Basil and Tomatoes



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



262 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons canola oil
- ☐ 0.5 cup basil fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 2 tablespoons olive oil
- ☐ 1 pound shrimp fresh unpeeled
- ☐ 1 large tomatoes red seeded chopped
- ☐ 1 large tomatoes yellow seeded chopped

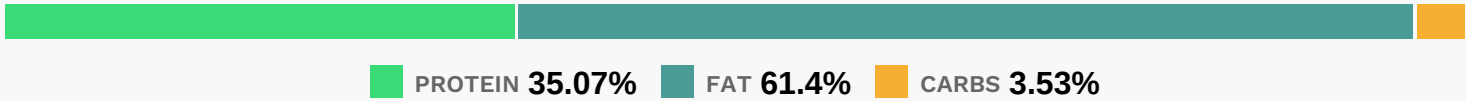
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sieve

Directions

- ☐ Butterfly shrimp by making a slit down the back of each from the large end to the tail, cutting to, but not through, the inside curve of shrimp. (Do not peel.) Devein, if desired; set aside.
- ☐ Pour through a wire-mesh strainer into a bowl, reserving garlic and basil. Return oil to pan.
- ☐ Add tomato and shrimp; cook over high heat 1 to 3 minutes or until shrimp turn pink. Stir in garlic and basil, if desired.

Nutrition Facts



Properties

Glycemic Index:34.5, Glycemic Load:0.63, Inflammation Score:-4, Nutrition Score:8.0347827206487%

Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 262.24kcal (13.11%), Fat: 18.2g (27.99%), Saturated Fat: 1.87g (11.68%), Carbohydrates: 2.35g (0.78%), Net Carbohydrates: 1.73g (0.63%), Sugar: 1.22g (1.36%), Cholesterol: 182.57mg (60.86%), Sodium: 137.79mg (5.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.39g (46.77%), Vitamin K: 27.77µg (26.45%), Phosphorus: 257.66mg (25.77%), Copper: 0.49mg (24.33%), Vitamin E: 3.12mg (20.78%), Potassium: 422.79mg (12.08%), Magnesium: 47.02mg (11.75%), Zinc: 1.64mg (10.93%), Vitamin A: 537.4IU (10.75%), Vitamin C: 7.26mg (8.8%), Calcium: 85.25mg (8.52%), Manganese: 0.15mg (7.46%), Iron: 0.87mg (4.85%), Vitamin B6: 0.06mg (2.99%), Fiber: 0.63g (2.51%), Folate: 8.98µg (2.25%), Vitamin B3: 0.31mg (1.55%), Vitamin B1: 0.02mg (1.4%)