



Shrimp with Basil, Garlic, and Tomatoes



Gluten Free



Dairy Free

READY IN



16 min.

SERVINGS



4

CALORIES



253 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 pounds medium-large shrimp shelled deveined
- ☐ 5 large basil leaves fresh chopped for garnish
- ☐ 1 large clove garlic minced
- ☐ 1 cup grape tomatoes quartered 12
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 4 servings olive oil extra-virgin

Equipment

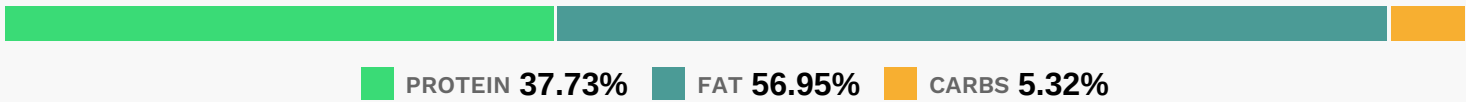
- ☐ bowl

- ☐ frying pan
- ☐ paper towels
- ☐ tongs

Directions

- ☐ In a medium bowl, toss the tomatoes with the basil and season with salt and pepper, to taste. Set aside while you prepare the shrimp.
- ☐ Divide the shrimp between 2 (8 or 9-inch) pie pans and pat them completely dry with a paper towel. Arrange the shrimp so they lay flat and are evenly spaced in the pans.
- ☐ Heat 2 large skillets over medium heat, or do this in 2 batches if you only have 1 pan. Season 1 side of the shrimp with salt and pepper.
- ☐ Add enough oil to lightly film the bottom of the pan and turn the heat up to high. Invert the pan of shrimp so they all fall into the skillet(s) at once.
- ☐ Saute the shrimp, undisturbed, until they turn golden brown on the bottom, about 2 minutes.
- ☐ Add a bit more oil and 1/2 the garlic to each pan. Turn the heat off and turn the shrimp over with tongs. Cook the shrimp for 1 minute in the residual heat of the pans.
- ☐ Transfer the shrimp to the bowl with the tomato mixture and toss to combine. Divide the shrimp among 4 plates or a serving platter and serve hot or at room temperature.

Nutrition Facts



Properties

Glycemic Index:42.5, Glycemic Load:0.47, Inflammation Score:-5, Nutrition Score:14.379130399745%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 252.72kcal (12.64%), Fat: 15.8g (24.31%), Saturated Fat: 2.14g (13.38%), Carbohydrates: 3.32g (1.11%), Net Carbohydrates: 2.83g (1.03%), Sugar: 0.99g (1.1%), Cholesterol: 214.32mg (71.44%), Sodium: 965.06mg (41.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.55g (47.1%), Selenium: 50.46µg (72.09%), Phosphorus: 425.56mg (42.56%), Vitamin B12: 1.89µg (31.47%), Vitamin E: 4.47mg (29.79%), Copper: 0.34mg (16.85%), Vitamin B3: 3.26mg (16.28%), Vitamin B6: 0.31mg (15.7%), Vitamin K: 14.13µg (13.46%), Vitamin A: 643.46IU (12.87%), Zinc: 1.73mg (11.51%), Magnesium: 42.2mg (10.55%), Calcium: 98.4mg (9.84%), Folate: 38.29µg (9.57%), Potassium: 286.44mg (8.18%), Vitamin C: 5.43mg (6.58%), Manganese: 0.12mg (6.14%), Vitamin B5: 0.57mg (5.67%), Vitamin B1: 0.05mg (3.31%), Iron: 0.57mg (3.19%), Vitamin B2: 0.03mg (2%), Fiber: 0.5g (1.98%), Vitamin D: 0.17µg (1.13%)