



Shrimp with Cilantro and Lime



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



206 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.3 teaspoon ground ginger
- ☐ 2 tablespoons juice of lime fresh
- ☐ 1 teaspoon lime rind grated
- ☐ 1 tablespoon olive oil
- ☐ 0.3 teaspoon pepper

- ☐ 0.5 teaspoon salt
- ☐ 1.8 pounds shrimp deveined peeled

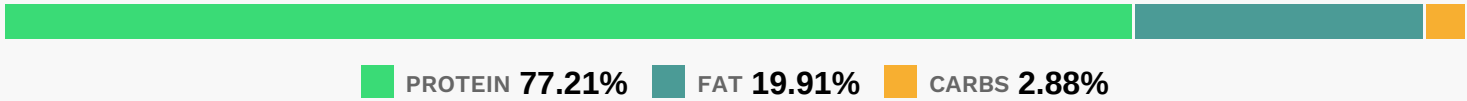
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine first 5 ingredients in a large bowl; toss well.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add shrimp mixture, and saut 4 minutes or until shrimp are done.
- ☐ Remove from heat; stir in cilantro and remaining ingredients.
- ☐ carbo rating: 3

Nutrition Facts



Properties

Glycemic Index:32.75, Glycemic Load:0.17, Inflammation Score:-1, Nutrition Score:7.9034782388936%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.89mg, Hesperetin: 0.89mg, Hesperetin: 0.89mg, Hesperetin: 0.89mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 205.78kcal (10.29%), Fat: 4.6g (7.07%), Saturated Fat: 0.69g (4.34%), Carbohydrates: 1.5g (0.5%), Net Carbohydrates: 1.32g (0.48%), Sugar: 0.17g (0.19%), Cholesterol: 319.5mg (106.5%), Sodium: 528.26mg (22.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.11g (80.22%), Phosphorus: 430.25mg (43.02%), Copper: 0.79mg (39.48%), Zinc: 2.71mg (18.05%), Magnesium: 72.13mg (18.03%), Potassium: 552.29mg (15.78%), Calcium: 134.84mg (13.48%), Manganese: 0.16mg (8.14%), Iron: 1.31mg (7.28%), Vitamin K: 5.5µg (5.24%), Vitamin C: 3.15mg (3.82%), Vitamin E: 0.56mg (3.72%), Vitamin A: 75.51IU (1.51%), Vitamin B6: 0.03mg (1.27%)