



Shrimp with Cilantro-Parsley Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



155 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bunch cilantro leaves chopped
- ☐ 2 garlic cloves
- ☐ 0.5 teaspoon garlic powder
- ☐ 1 teaspoon ground cumin
- ☐ 4 tablespoons juice of lime
- ☐ 3 Tablespoons olive oil
- ☐ 0.5 teaspoon onion powder
- ☐ 1 bunch parsley chopped

- ☐ 1 pinch pepper flakes red
- ☐ 6 servings salt and pepper
- ☐ 6 servings salt and pepper black to taste
- ☐ 2 scallions chopped
- ☐ 1.3 lb shrimp deveined peeled
- ☐ 0.5 teaspoon sugar
- ☐ 2 tablespoons water

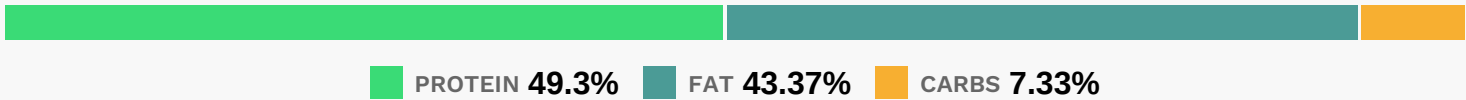
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ blender

Directions

- ☐ In a fry pan over medium-high heat, warm the olive oil.
- ☐ Add the shrimp season with garlic powder, onion powder, red pepper flakes, salt and black pepper.Cook, stirring, until the shrimp curl and turn pink, about 6 minutes.
- ☐ Transfer to a serving dish and garnish with the cilantro-parsley sauce.
- ☐ Place all the ingredients in a blender or food processor and blend all ingredients into a paste.
- ☐ Add more water if necessary.

Nutrition Facts



Properties

Glycemic Index:34.35, Glycemic Load:0.5, Inflammation Score:-7, Nutrition Score:11.051739164021%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 20.48mg, Apigenin: 20.48mg, Apigenin: 20.48mg, Apigenin: 20.48mg Luteolin:

0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 1.43mg, Myricetin: 1.43mg, Myricetin: 1.43mg, Myricetin: 1.43mg Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg

Nutrients (% of daily need)

Calories: 155.18kcal (7.76%), Fat: 7.66g (11.79%), Saturated Fat: 1.08g (6.77%), Carbohydrates: 2.92g (0.97%), Net Carbohydrates: 2.31g (0.84%), Sugar: 0.72g (0.8%), Cholesterol: 152.14mg (50.71%), Sodium: 508.47mg (22.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.6g (39.21%), Vitamin K: 172.55µg (164.33%), Phosphorus: 216.07mg (21.61%), Vitamin C: 17.13mg (20.76%), Copper: 0.4mg (20.11%), Vitamin A: 944.4IU (18.89%), Magnesium: 41.71mg (10.43%), Potassium: 346.87mg (9.91%), Zinc: 1.44mg (9.62%), Calcium: 85.03mg (8.5%), Iron: 1.48mg (8.2%), Vitamin E: 1.18mg (7.85%), Folate: 19.12µg (4.78%), Manganese: 0.09mg (4.7%), Fiber: 0.6g (2.42%), Vitamin B6: 0.04mg (1.82%), Vitamin B1: 0.02mg (1.32%), Vitamin B2: 0.02mg (1.12%), Vitamin B3: 0.2mg (1.01%)