



Shrimp with Cilantro Pesto



Gluten Free



Dairy Free

READY IN



23 min.

SERVINGS



4

CALORIES



261 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups cilantro leaves fresh
- ☐ 1 clove garlic chopped
- ☐ 2 green onions chopped
- ☐ 4 servings kosher salt
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 1 lime
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 2 tablespoons olive oil extra-virgin

- ☐ 2 tablespoons pecans toasted chopped
- ☐ 0.8 pound shrimp raw deveined peeled
- ☐ 1 teaspoon sugar
- ☐ 2 tablespoons vegetable oil

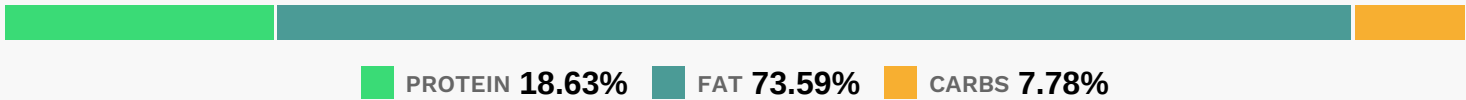
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Pesto: Grate 1 teaspoon zest from the lime and juice the entire lime for about 2 tablespoons of juice.
- ☐ Combine the zest and juice with the cilantro, green onions, chopped pecans, chopped garlic, sugar, vegetable oil, and extra-virgin olive oil in the bowl of a food processor. Pulse the mixture until well-combined, but still slightly chunky. Season the pesto with salt, and pepper, to taste.
- ☐ Shrimp: In a bowl, toss the shrimp with 1 tablespoon of the pesto.
- ☐ Heat the oil in a large skillet over medium-high heat.
- ☐ Saute the shrimp until just opaque and pink, about 3 minutes. Put a generous spoonful of pesto into a serving bowl.
- ☐ Add the shrimp and toss to coat.
- ☐ Serve the remaining pesto on the side or freeze for another use.

Nutrition Facts



Properties

Glycemic Index:59.52, Glycemic Load:1.32, Inflammation Score:-5, Nutrition Score:11.633478364219%

Flavonoids

Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg 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: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.89mg, Quercetin: 3.89mg, Quercetin: 3.89mg, Quercetin: 3.89mg

Nutrients (% of daily need)

Calories: 261.41kcal (13.07%), Fat: 21.85g (33.61%), Saturated Fat: 2.9g (18.13%), Carbohydrates: 5.2g (1.73%), Net Carbohydrates: 3.88g (1.41%), Sugar: 1.68g (1.87%), Cholesterol: 107.16mg (35.72%), Sodium: 679.59mg (29.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.45g (24.89%), Vitamin K: 50.55µg (48.15%), Selenium: 25.64µg (36.63%), Vitamin E: 3.48mg (23.22%), Phosphorus: 230.79mg (23.08%), Vitamin B12: 0.94µg (15.73%), Manganese: 0.31mg (15.6%), Vitamin A: 629.58IU (12.59%), Copper: 0.25mg (12.4%), Vitamin C: 7.91mg (9.59%), Vitamin B6: 0.18mg (8.84%), Vitamin B3: 1.71mg (8.54%), Zinc: 1.13mg (7.56%), Magnesium: 28.89mg (7.22%), Folate: 26.2µg (6.55%), Calcium: 65.33mg (6.53%), Potassium: 186.01mg (5.31%), Fiber: 1.31g (5.26%), Vitamin B1: 0.06mg (4.26%), Vitamin B5: 0.39mg (3.88%), Iron: 0.69mg (3.81%), Vitamin B2: 0.04mg (2.25%)