



Shrimp with Creamy Orange-Chipotle Sauce



Gluten Free



Low Fod Map

READY IN



9 min.

SERVINGS



4

CALORIES



202 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 large chipotle chile canned
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 0.8 teaspoon ground cumin
- ☐ 0.7 cup half-and-half
- ☐ 1 teaspoon orange rind grated
- ☐ 0.3 teaspoon salt
- ☐ 1.5 pounds shrimp deveined peeled

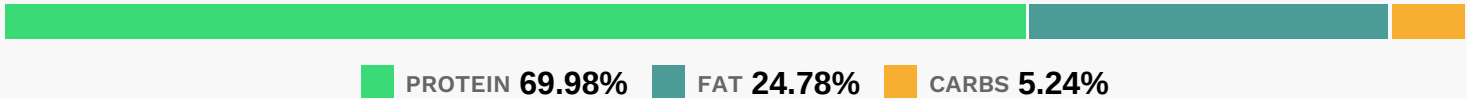
Equipment

- ☐ frying pan
- ☐ blender

Directions

- ☐ Place first 3 ingredients in a blender; process until smooth.
- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray; add shrimp. Coat shrimp with cooking spray; sprinkle with cumin and salt. Saut 4 minutes or until shrimp are done, stirring frequently.
- ☐ Transfer shrimp to a serving platter. Reduce heat to medium, add half-and-half mixture to pan, and cook 1 minute, stirring constantly.
- ☐ Pour sauce over shrimp; sprinkle with cilantro.
- ☐ Serve over linguine, if desired.

Nutrition Facts



Properties

Glycemic Index:9.25, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:7.2982608611169%

Flavonoids

Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 201.86kcal (10.09%), Fat: 5.59g (8.6%), Saturated Fat: 3.01g (18.83%), Carbohydrates: 2.66g (0.89%), Net Carbohydrates: 2.18g (0.79%), Sugar: 1.93g (2.14%), Cholesterol: 287.97mg (95.99%), Sodium: 373.14mg (16.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.53g (71.06%), Phosphorus: 404.4mg (40.44%), Copper: 0.67mg (33.65%), Zinc: 2.46mg (16.38%), Magnesium: 65.11mg (16.28%), Calcium: 156.54mg (15.65%), Potassium: 511.13mg (14.6%), Iron: 1.25mg (6.96%), Vitamin B2: 0.08mg (4.72%), Manganese: 0.07mg (3.51%), Vitamin A: 163.33IU (3.27%), Fiber: 0.47g (1.89%), Selenium: 1.32µg (1.88%), Vitamin C: 1.13mg (1.36%), Vitamin B12: 0.08µg (1.28%), Vitamin B5: 0.12mg (1.2%), Vitamin B6: 0.02mg (1.15%), Vitamin K: 1.16µg (1.11%), Vitamin B1: 0.02mg (1.01%)