



Shrimp with Lemon and Dill

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



285 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup optional: dill coarsely chopped
- ☐ 0.5 cup juice of lemon fresh
- ☐ 1 cup olive oil extra-virgin
- ☐ 12 servings warm pita bread for serving
- ☐ 12 servings salt and pepper freshly ground
- ☐ 3 pounds shrimp shelled deveined
- ☐ 0.8 cup water

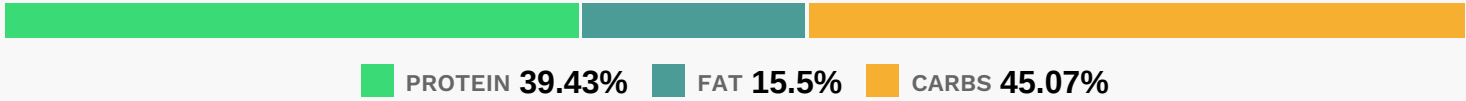
Equipment

☐ frying pan

Directions

- ☐ Season the shrimp with salt and pepper and cook in 3 batches: For each batch, heat 1/3 cup of the olive oil in a large deep skillet.
- ☐ Add one-third of the shrimp and cook over high heat, turning once, until golden, about 3 minutes.
- ☐ Add 2 tablespoons of the lemon juice and 1 tablespoon of the dill and toss to coat, then transfer the shrimp as it's cooked to a large deep serving platter.
- ☐ Add 1/4 cup of the water to the skillet and boil over high heat, scraping up any browned bits from the bottom of the skillet, until the juices are reduced to 2 tablespoons; add to the cooked shrimp.
- ☐ Add the remaining 2 tablespoons of lemon juice and 1 tablespoon of dill to the shrimp and season with salt and pepper. Toss well.
- ☐ Serve the shrimp warm or at room temperature, with the warm pita bread.
- ☐ Make Ahead: The cooked shrimp can be refrigerated for up to 3 hours. Bring to room temperature before serving.

Nutrition Facts



Properties

Glycemic Index:9.33, Glycemic Load:29.07, Inflammation Score:-2, Nutrition Score:7.7208695730761%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 284.87kcal (14.24%), Fat: 4.89g (7.52%), Saturated Fat: 0.71g (4.43%), Carbohydrates: 31.96g (10.65%), Net Carbohydrates: 30.68g (11.16%), Sugar: 0.26g (0.28%), Cholesterol: 182.57mg (60.86%), Sodium: 630.4mg (27.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.96g (55.92%), Phosphorus: 298.45mg (29.85%), Copper: 0.54mg (27.15%), Manganese: 0.32mg (16.04%), Magnesium: 55.55mg (13.89%), Zinc: 2.01mg (13.37%), Calcium: 123.98mg (12.4%), Potassium: 384.34mg (10.98%), Vitamin B1: 0.15mg (10.17%), Iron: 1.47mg (8.16%), Vitamin B3: 1.22mg (6.12%), Vitamin C: 4.77mg (5.78%), Fiber: 1.28g (5.13%), Folate: 16.94µg (4.24%), Vitamin E: 0.53mg (3.56%), Vitamin B2: 0.06mg (3.46%), Vitamin B5: 0.24mg (2.4%), Vitamin K: 2.17µg (2.06%), Vitamin A: 76.18IU (1.52%), Vitamin B6: 0.03mg (1.28%)