



Shrimp with Mole Poblano

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



6

CALORIES



159 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1 tablespoon olive oil
- 2 cups mole poblano
- 0.5 teaspoon salt
- 2 pounds shrimp deveined peeled

Equipment

- paper towels
- skewers

grill pan

Directions

Heat a grill pan over medium-high heat.

Pat shrimp dry with paper towels.

Combine shrimp, olive oil, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Thread the shrimp onto 6 (8-inch) skewers.

Place skewers on grill pan; cook 2 minutes on each side or until done.

Serve with Mole Poblano.

Nutrition Facts

 **PROTEIN 76.37%**  **FAT 17.79%**  **CARBS 5.84%**

Properties

Glycemic Index:7, Glycemic Load:0.16, Inflammation Score:-3, Nutrition Score:8.8678262004548%

Flavonoids

Luteolin: 2.34mg, Luteolin: 2.34mg, Luteolin: 2.34mg, Luteolin: 2.34mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg

Nutrients (% of daily need)

Calories: 159.29kcal (7.96%), Fat: 3.19g (4.91%), Saturated Fat: 0.5g (3.15%), Carbohydrates: 2.36g (0.79%), Net Carbohydrates: 1.49g (0.54%), Sugar: 1.19g (1.33%), Cholesterol: 243.43mg (81.14%), Sodium: 375.27mg (16.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.83g (61.65%), Vitamin C: 39.93mg (48.4%), Phosphorus: 333.63mg (33.36%), Copper: 0.63mg (31.26%), Magnesium: 58.03mg (14.51%), Zinc: 2.09mg (13.95%), Potassium: 487.25mg (13.92%), Calcium: 102.25mg (10.22%), Manganese: 0.12mg (6.08%), Vitamin B6: 0.11mg (5.57%), Iron: 0.98mg (5.43%), Vitamin K: 5.22µg (4.97%), Vitamin A: 184.22IU (3.68%), Vitamin E: 0.52mg (3.47%), Fiber: 0.87g (3.46%), Vitamin B1: 0.03mg (1.89%), Folate: 4.98µg (1.25%), Vitamin B3: 0.24mg (1.2%)