



Shrimp with Sherry-Tomato Sauce



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



314 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 28 ounce frangelico whole canned
- ☐ 4 garlic clove
- ☐ 0.8 cup olive green pitted chopped (from an 8-ounce jar)
- ☐ 3 tablespoons olive oil extra virgin extra-virgin
- ☐ 1 large onion quartered
- ☐ 4 servings rice white
- ☐ 0.8 teaspoon salt

- ☐ 0.3 cup cooking sherry
- ☐ 1.5 pounds shrimp deveined cooked peeled (not)

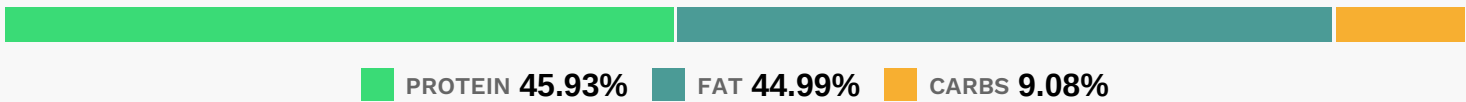
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ garlic press
- ☐ tongs

Directions

- ☐ Pulse onion in a food processor until finely chopped, then transfer to a bowl.
- ☐ Add tomatoes with juice to processor and pulse until chopped.
- ☐ Heat oil in a 12-inch heavy skillet over high heat until hot but not smoking. Toss shrimp with 1/2 teaspoon salt and 1/4 teaspoon pepper, then add to skillet and sauté, turning over once, until just cooked through, about 3 minutes total.
- ☐ Transfer shrimp to a plate with tongs (do not clean skillet).
- ☐ Force garlic through a garlic press into skillet and cook, stirring, until golden, about 15 seconds. Stir in Sherry, scraping up any brown bits from bottom of skillet, then add onion and remaining 1/4 teaspoon salt and 1/4 teaspoon pepper and cook, stirring occasionally, until all of liquid is evaporated and onion is just tender, 5 to 6 minutes.
- ☐ Add tomatoes and olives and simmer, stirring occasionally, until sauce is slightly thickened, 5 to 7 minutes.
- ☐ Stir in shrimp with any juices accumulated on plate and heat through. Season with salt.

Nutrition Facts



Properties

Glycemic Index:41.3, Glycemic Load:1.64, Inflammation Score:-7, Nutrition Score:8.9730435713478%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 7.67mg, Quercetin: 7.67mg, Quercetin: 7.67mg, Quercetin: 7.67mg

Nutrients (% of daily need)

Calories: 314.25kcal (15.71%), Fat: 15.31g (23.55%), Saturated Fat: 2.16g (13.49%), Carbohydrates: 6.95g (2.32%), Net Carbohydrates: 5.33g (1.94%), Sugar: 1.95g (2.17%), Cholesterol: 273.86mg (91.29%), Sodium: 1036.64mg (45.07%), Alcohol: 2.06g (100%), Alcohol %: 0.56% (100%), Protein: 35.16g (70.33%), Phosphorus: 385.63mg (38.56%), Copper: 0.73mg (36.29%), Magnesium: 69.51mg (17.38%), Vitamin E: 2.49mg (16.6%), Zinc: 2.43mg (16.18%), Potassium: 545.34mg (15.58%), Calcium: 139.64mg (13.96%), Manganese: 0.22mg (11.1%), Iron: 1.29mg (7.15%), Vitamin K: 7.37µg (7.02%), Fiber: 1.61g (6.45%), Vitamin B6: 0.1mg (5.12%), Vitamin C: 3.71mg (4.5%), Folate: 8.3µg (2.07%), Vitamin B1: 0.03mg (2.04%), Vitamin A: 101.87IU (2.04%), Selenium: 1.03µg (1.47%), Vitamin B2: 0.02mg (1.13%)