



## Shrimp with Spicy Tomato Sauce

 Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



288 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 servings cayenne pepper
- 4 cloves garlic minced peeled
- 2 tablespoons olive oil
- 8 plum tomatoes finely chopped
- 4 servings salt
- 2 pounds shrimp deveined peeled

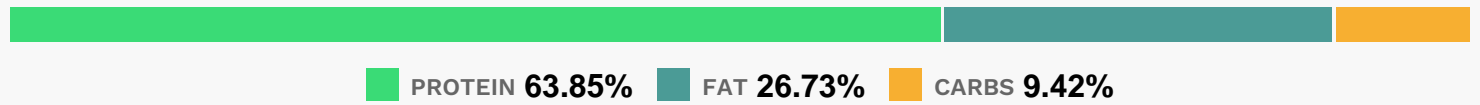
### Equipment

- frying pan

## Directions

- In a large skillet over medium heat, cook the garlic in the olive oil until just golden, approximately 2 minutes. Be careful not to burn the garlic.
- Add the tomatoes and sprinkle with salt and cayenne pepper. Bring to a gentle simmer and cook, stirring occasionally, for 15 minutes.
- Season the shrimp with salt and add to the tomatoes. Cook 3 to 5 minutes, or until no longer pink. Stir in 1 tablespoon of butter for added richness, if desired.

## Nutrition Facts



## Properties

Glycemic Index:25, Glycemic Load:1.73, Inflammation Score:-8, Nutrition Score:14.946087230807%

## Flavonoids

Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg 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: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

## Nutrients (% of daily need)

Calories: 287.81kcal (14.39%), Fat: 8.77g (13.48%), Saturated Fat: 1.3g (8.11%), Carbohydrates: 6.95g (2.32%), Net Carbohydrates: 4.85g (1.77%), Sugar: 3.5g (3.89%), Cholesterol: 365.14mg (121.71%), Sodium: 471.13mg (20.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.11g (94.22%), Phosphorus: 525.55mg (52.56%), Copper: 0.98mg (48.83%), Vitamin A: 1865.39IU (37.31%), Potassium: 945.04mg (27%), Magnesium: 96.81mg (24.2%), Vitamin C: 19.45mg (23.58%), Zinc: 3.33mg (22.23%), Calcium: 166.13mg (16.61%), Manganese: 0.31mg (15.34%), Vitamin E: 2.28mg (15.18%), Vitamin K: 15.67µg (14.92%), Iron: 1.76mg (9.79%), Vitamin B6: 0.19mg (9.27%), Fiber: 2.1g (8.38%), Folate: 20.81µg (5.2%), Vitamin B3: 0.93mg (4.66%), Vitamin B1: 0.06mg (3.9%), Vitamin B2: 0.05mg (2.66%), Vitamin B5: 0.13mg (1.28%)