



Shrimp with Toasted Garlic: Camerones De Ajo

 Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



261 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 bunch flat-leaf parsley chopped
- 10 cloves garlic peeled thinly sliced
- 4 servings kosher salt and pepper black freshly ground
- 1 optional: lemon
- 1 cup olive oil extra-virgin
- 1.5 pounds shrimp split deveined peeled

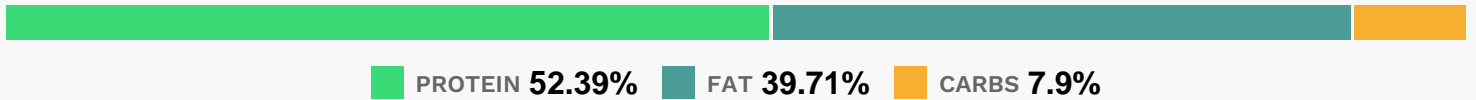
Equipment

- frying pan
- pot
- slotted spoon

Directions

- Watch how to make this recipe.
- Heat a terra cotta pot or a similar oval pan.
- Add olive oil and toss in sliced garlic. Bring to a bare simmer and keep on the lowest heat possible so the garlic toasts to a golden brown– about 15 minutes. Season shrimp with salt and freshly ground black pepper.
- Add to the pot and remove from heat. Allow to cook until pink and tender. Finish by squeezing juice of whole lemon over shrimp and sprinkling with chopped parsley. Use a slotted spoon to fish out prawns and serve on a platter topped with toasted golden garlic shavings and parsley.

Nutrition Facts



Properties

Glycemic Index:29.88, Glycemic Load:1.19, Inflammation Score:-4, Nutrition Score:12.046521689581%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 7.72mg, Apigenin: 7.72mg, Apigenin: 7.72mg, Apigenin: 7.72mg Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.78mg, Myricetin: 0.78mg, Myricetin: 0.78mg, Myricetin: 0.78mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 260.59kcal (13.03%), Fat: 11.82g (18.18%), Saturated Fat: 1.69g (10.53%), Carbohydrates: 5.29g (1.76%), Net Carbohydrates: 4.23g (1.54%), Sugar: 0.78g (0.87%), Cholesterol: 273.86mg (91.29%), Sodium: 206.46mg (8.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.08g (70.16%), Vitamin K: 65.22µg (62.11%), Phosphorus: 382.03mg (38.2%), Copper: 0.7mg (35.21%), Vitamin C: 21.39mg (25.93%), Magnesium: 65.52mg (16.38%), Zinc: 2.42mg (16.15%), Potassium: 537.56mg (15.36%), Calcium: 134.92mg (13.49%), Vitamin E: 1.63mg (10.86%),

Manganese: 0.21mg (10.4%), Iron: 1.47mg (8.14%), Vitamin A: 307.27IU (6.15%), Vitamin B6: 0.12mg (5.9%), Fiber: 1.06g (4.23%), Folate: 8.63µg (2.16%), Vitamin B1: 0.03mg (1.93%), Selenium: 1.18µg (1.69%), Vitamin B5: 0.11mg (1.12%), Vitamin B2: 0.02mg (1.02%)