



Sing-for-Your-Supper Shrimp

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



125 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black
- 0.5 teaspoon chili oil
- 0.3 teaspoon optional: dill dried
- 0.3 teaspoon garlic powder
- 2.5 tablespoons juice of lemon fresh
- 1.5 teaspoons lemon rind grated
- 0.5 teaspoon paprika
- 0.3 teaspoon salt

- 1 pound shrimp unpeeled
- 2 teaspoons vegetable oil

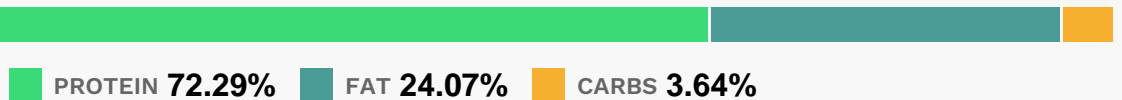
Equipment

- bowl
- frying pan

Directions

- Combine first 5 ingredients in a large bowl.
- Add shrimp; toss well.
- Heat oils and rind in a large nonstick skillet over medium-high heat.
- Add shrimp; saut 4 minutes or until shrimp are done. Stir in juice.

Nutrition Facts



Properties

Glycemic Index:13, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:4.8004347769463%

Flavonoids

Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 124.91kcal (6.25%), Fat: 3.39g (5.22%), Saturated Fat: 0.54g (3.37%), Carbohydrates: 1.15g (0.38%), Net Carbohydrates: 0.9g (0.33%), Sugar: 0.3g (0.33%), Cholesterol: 182.57mg (60.86%), Sodium: 280.87mg (12.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.93g (45.86%), Phosphorus: 245.61mg (24.56%), Copper: 0.45mg (22.52%), Magnesium: 41.45mg (10.36%), Zinc: 1.55mg (10.31%), Potassium: 321.93mg (9.2%), Calcium: 76.63mg (7.66%), Vitamin C: 4.63mg (5.61%), Vitamin K: 4.84µg (4.61%), Iron: 0.71mg (3.97%), Manganese: 0.06mg (3.16%), Vitamin A: 128.41IU (2.57%), Vitamin E: 0.35mg (2.32%), Fiber: 0.25g (1.01%)