



Sizzling Sherry Shrimp with Garlic

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

READY IN



15 min.

SERVINGS



4

CALORIES



226 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons flat parsley italian chopped
- 4 cloves garlic minced
- 2 tablespoons juice of lemon dry
- 0.3 cup olive oil
- 1 teaspoon paprika
- 1 teaspoon pepper flakes red crushed
- 4 servings salt and pepper black freshly ground to taste
- 1 pound shrimp deveined peeled

Equipment

frying pan

Directions

- Heat olive oil, garlic, red pepper flakes, and paprika in a large skillet over medium-high heat. Once the oil is hot and the garlic has turned golden brown, increase heat to high and add the shrimp. Cook until the shrimp turn pink and opaque, about 3 minutes.
- Deglaze the pan with sherry or lemon juice and season to taste with salt and pepper.
- Serve garnished with chopped parsley.

Nutrition Facts



Properties

Glycemic Index:27.25, Glycemic Load:0.33, Inflammation Score:-4, Nutrition Score:8.0843477456466%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 225.64kcal (11.28%), Fat: 14.27g (21.95%), Saturated Fat: 2.01g (12.56%), Carbohydrates: 2.22g (0.74%), Net Carbohydrates: 1.69g (0.62%), Sugar: 0.32g (0.36%), Cholesterol: 182.57mg (60.86%), Sodium: 145.48mg (6.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.22g (46.44%), Vitamin K: 42.07µg (40.07%), Phosphorus: 252.25mg (25.22%), Copper: 0.47mg (23.32%), Vitamin E: 2.31mg (15.4%), Vitamin A: 564.27IU (11.29%), Magnesium: 43.7mg (10.92%), Zinc: 1.62mg (10.83%), Potassium: 352.82mg (10.08%), Calcium: 84.59mg (8.46%), Vitamin C: 6.51mg (7.89%), Manganese: 0.12mg (6.04%), Iron: 1.05mg (5.82%), Vitamin B6: 0.06mg (3.2%), Fiber: 0.53g (2.1%), Folate: 5.03µg (1.26%), Vitamin B2: 0.02mg (1.02%)