



Skillet-Cooked Shrimp with Romesco Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



222 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 tablespoons blanched slivered almonds
- ☐ 0.1 teaspoon pepper red crushed
- ☐ 2 tablespoons flat-leaf parsley fresh chopped
- ☐ 1 garlic clove sliced
- ☐ 1.3 pounds shrimp unpeeled
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 tablespoons olive oil divided
- ☐ 1 large bell pepper red

- ☐ 1 tablespoon red wine vinegar
- ☐ 0.5 teaspoon salt
- ☐ 1.8 cups tomatoes chopped
- ☐ 0.3 ounce bread white

Equipment

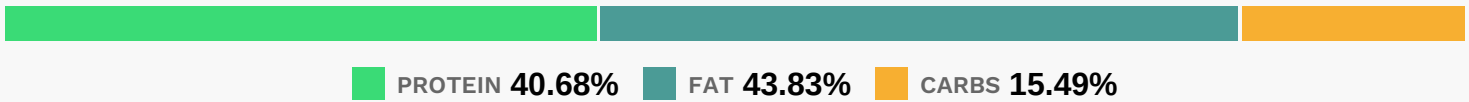
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ blender
- ☐ aluminum foil
- ☐ broiler
- ☐ ziploc bags

Directions

- ☐ Preheat broiler.
- ☐ Cut bell pepper in half lengthwise; discard seeds and membranes.
- ☐ Place pepper halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil 8 minutes or until blackened.
- ☐ Place in a zip-top plastic bag; seal.
- ☐ Let stand 10 minutes. Peel and coarsely chop.
- ☐ Combine parsley, 1 tablespoon oil, juice, crushed red pepper, and shrimp in a bowl; let stand 15 minutes.
- ☐ Heat 1 tablespoon oil in a large skillet over medium-high heat.
- ☐ Add almonds and bread to pan; saut 2 minutes or until nuts are golden.
- ☐ Add garlic; saut 1 minute.
- ☐ Add tomato and roasted bell pepper; saut 4 minutes or until the tomato begins to break down.

- ☐
- Place the tomato mixture in a blender or food processor; process until smooth.
- ☐
- Add vinegar and salt to tomato mixture; pulse until combined. Cool to room temperature.
- ☐
- Heat a nonstick skillet over medium-high heat.
- ☐
- Add half of shrimp mixture to pan; cook 2 minutes on each side or until shrimp are done.
- ☐
- Remove from pan. Repeat procedure with remaining shrimp mixture.
- ☐
- Serve with sauce.

Nutrition Facts



Properties

Glycemic Index:51.69, Glycemic Load:1.89, Inflammation Score:-9, Nutrition Score:22.166087202404%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Hesperetin: 0.54mg Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Luteolin: 0.28mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 222.08kcal (11.1%), Fat: 10.85g (16.69%), Saturated Fat: 1.35g (8.45%), Carbohydrates: 8.63g (2.88%), Net Carbohydrates: 6.46g (2.35%), Sugar: 3.83g (4.25%), Cholesterol: 190.51mg (63.5%), Sodium: 1163.28mg (50.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.66g (45.31%), Vitamin C: 65.78mg (79.73%), Selenium: 45.45µg (64.93%), Vitamin A: 2286.46IU (45.73%), Vitamin K: 44.71µg (42.58%), Phosphorus: 418.36mg (41.84%), Vitamin E: 4.94mg (32.95%), Vitamin B12: 1.68µg (27.97%), Vitamin B6: 0.44mg (21.75%), Vitamin B3: 3.73mg (18.67%), Copper: 0.37mg (18.42%), Folate: 65µg (16.25%), Magnesium: 57.55mg (14.39%), Manganese: 0.26mg (13.16%), Potassium: 459.4mg (13.13%), Zinc: 1.84mg (12.29%), Calcium: 108.65mg (10.86%), Fiber: 2.17g (8.68%), Vitamin B5: 0.7mg (6.96%), Vitamin B1: 0.1mg (6.46%), Vitamin B2: 0.1mg (6.16%), Iron: 1.06mg (5.9%), Vitamin D: 0.15µg (1.01%)