



Spanish Sherried Shrimp

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



224 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 14.5 ounce canned tomatoes whole undrained chopped canned
- ☐ 0.3 cup cooking sherry dry
- ☐ 1 tablespoon flour all-purpose
- ☐ 3 garlic cloves minced
- ☐ 1 tablespoon olive oil
- ☐ 1.5 cups onion chopped
- ☐ 1.5 cups bell pepper green red chopped

- ☐ 0.5 teaspoon salt divided
- ☐ 1 pound shrimp deveined peeled
- ☐ 2 teaspoons citrus champagne vinegar
- ☐ 2.3 teaspoons or dried fresh chopped

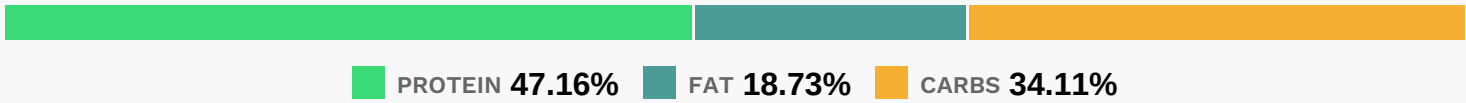
Equipment

- ☐ frying pan
- ☐ ziploc bags

Directions

- ☐ Combine the flour, thyme, 1/4 teaspoon salt, and black pepper in a large zip-top plastic bag.
- ☐ Add the shrimp; seal and shake well.
- ☐ Heat olive oil in a large nonstick skillet over medium-high heat.
- ☐ Add the shrimp, and saut 3 minutes.
- ☐ Remove shrimp from pan.
- ☐ Add onion, bell pepper, and garlic; saut 2 minutes.
- ☐ Add sherry; cook 1 minute.
- ☐ Add 1/4 teaspoon salt and tomatoes; cook 4 minutes. Stir in shrimp and vinegar.

Nutrition Facts



Properties

Glycemic Index:56.75, Glycemic Load:4.84, Inflammation Score:-8, Nutrition Score:16.304782618647%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.65mg, Luteolin: 2.65mg, Luteolin: 2.65mg, Luteolin: 2.65mg Isorhamnetin:

3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 13.46mg, Quercetin: 13.46mg, Quercetin: 13.46mg, Quercetin: 13.46mg

Nutrients (% of daily need)

Calories: 224.31kcal (11.22%), Fat: 4.6g (7.07%), Saturated Fat: 0.72g (4.49%), Carbohydrates: 18.83g (6.28%), Net Carbohydrates: 14.57g (5.3%), Sugar: 8.64g (9.6%), Cholesterol: 182.57mg (60.86%), Sodium: 567.38mg (24.67%), Alcohol: 2.06g (100%), Alcohol %: 0.72% (100%), Protein: 26.03g (52.07%), Vitamin C: 59.81mg (72.5%), Copper: 0.71mg (35.45%), Phosphorus: 314.73mg (31.47%), Manganese: 0.51mg (25.35%), Potassium: 818.4mg (23.38%), Vitamin K: 21.9µg (20.86%), Vitamin B6: 0.39mg (19.67%), Magnesium: 76.36mg (19.09%), Iron: 3.16mg (17.56%), Fiber: 4.26g (17.04%), Calcium: 144.61mg (14.46%), Zinc: 2.07mg (13.82%), Vitamin E: 2.05mg (13.69%), Vitamin B1: 0.16mg (10.65%), Vitamin A: 451.15IU (9.02%), Folate: 35.61µg (8.9%), Vitamin B3: 1.77mg (8.85%), Vitamin B2: 0.1mg (6.03%), Vitamin B5: 0.45mg (4.47%), Selenium: 1.92µg (2.75%)