



Spicy Baked Shrimp

 Dairy Free  Popular

READY IN



45 min.

SERVINGS



4

CALORIES



176 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pinch ground pepper
- 2 tablespoons parsley fresh chopped
- 1 tablespoon honey
- 0.5 cup olive oil
- 4 servings bread french
- 1 pound shrimp shelled deveined uncooked
- 4 servings lemon wedges
- 2 tablespoons creole seasoning

- 1 tablespoon soya sauce
- 2 tablespoons juice of lemon fresh

Equipment

- oven
- baking pan

Directions

- Combine first 7 ingredients in 9x13-inch baking dish.
- Add shrimp and toss to coat. Refrigerate 1 hour.
- Preheat oven to 450°F.
- Bake until shrimp are cooked through, stirring occasionally, about 10 minutes.
- Garnish with lemon wedges and serve shrimp with French bread.

Nutrition Facts

PROTEIN 52.13% **FAT 31.95%** **CARBS 15.92%**

Properties

Glycemic Index:67.32, Glycemic Load:2.96, Inflammation Score:-7, Nutrition Score:8.7734782307044%

Flavonoids

Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 176.19kcal (8.81%), Fat: 6.48g (9.97%), Saturated Fat: 0.95g (5.96%), Carbohydrates: 7.26g (2.42%), Net Carbohydrates: 6.39g (2.32%), Sugar: 4.93g (5.47%), Cholesterol: 182.57mg (60.86%), Sodium: 394.62mg (17.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.79g (47.58%), Vitamin K: 38.09µg (36.27%), Phosphorus: 259.1mg (25.91%), Vitamin A: 1219.8IU (24.4%), Copper: 0.47mg (23.34%), Magnesium: 47.28mg (11.82%), Zinc: 1.65mg (10.99%), Potassium: 383.9mg (10.97%), Vitamin E: 1.56mg (10.4%), Vitamin C: 8.05mg (9.75%), Calcium:

81.57mg (8.16%), Iron: 1.12mg (6.23%), Manganese: 0.12mg (6.21%), Vitamin B6: 0.08mg (3.96%), Fiber: 0.87g (3.49%), Vitamin B3: 0.49mg (2.43%), Folate: 9.47µg (2.37%), Vitamin B2: 0.04mg (2.33%), Vitamin B1: 0.02mg (1.46%)