



Spicy Mustard Shrimp

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

READY IN



45 min.

SERVINGS



4

CALORIES



152 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons canola oil
- 0.3 cup cilantro leaves fresh chopped
- 0.7 cup diagonally cut green onions (3-inch)
- 4 lime wedges
- 1 cup mangos diced peeled (1 medium)
- 1.5 teaspoons chipotle pepper sauce hot (such as Tabasco)
- 1 pound shrimp deveined peeled
- 1 tablespoon whole-grain dijon mustard

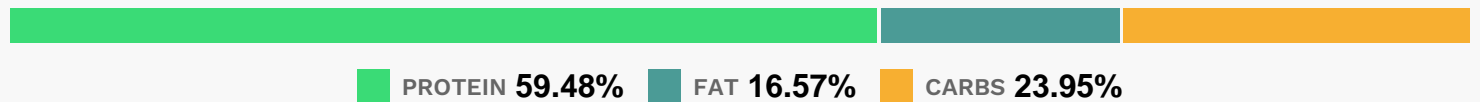
Equipment

frying pan

Directions

- Heat oil in a large nonstick skillet over medium-high heat.
- Add shrimp to pan; saut 1 minute.
- Add mustard and pepper sauce to pan; saut 2 minutes, stirring frequently. Stir in onions; cook 1 minute.
- Remove from heat; stir in diced mango.
- Sprinkle with cilantro.
- Serve with lime wedges.

Nutrition Facts



Properties

Glycemic Index:44.94, Glycemic Load:3.57, Inflammation Score:-6, Nutrition Score:9.9265216018843%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg

Nutrients (% of daily need)

Calories: 152.23kcal (7.61%), Fat: 2.94g (4.52%), Saturated Fat: 0.32g (2%), Carbohydrates: 9.56g (3.19%), Net Carbohydrates: 7.77g (2.83%), Sugar: 6.42g (7.14%), Cholesterol: 182.57mg (60.86%), Sodium: 219.74mg (9.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.75g (47.5%), Vitamin K: 40.96µg (39.01%), Vitamin C: 24.79mg (30.05%), Phosphorus: 262.55mg (26.25%), Copper: 0.52mg (26.01%), Vitamin A: 694.06IU (13.88%), Potassium: 446.03mg (12.74%), Magnesium: 50.36mg (12.59%), Zinc: 1.67mg (11.15%), Calcium: 98.2mg (9.82%),

Folate: 30.82µg (7.7%), Fiber: 1.79g (7.16%), Iron: 1.09mg (6.08%), Vitamin E: 0.89mg (5.95%), Manganese: 0.11mg (5.61%), Vitamin B6: 0.07mg (3.67%), Selenium: 1.7µg (2.43%), Vitamin B1: 0.03mg (2.29%), Vitamin B2: 0.04mg (2.23%), Vitamin B3: 0.44mg (2.18%), Vitamin B5: 0.15mg (1.51%)