



Spicy Tequila Shrimp

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



411 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 medium avocado peeled cut into 12 wedges
- ☐ 6 cups rice hot cooked
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 5 garlic cloves minced
- ☐ 0.5 cup julienne-cut jalapeno pepper seeded
- ☐ 1 tablespoon juice of lime fresh
- ☐ 1 cup onion vertically sliced
- ☐ 6 servings try build-a-meal

- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon sherry vinegar
- ☐ 1 pound shrimp deveined peeled
- ☐ 0.5 cup tequila
- ☐ 3 cups tomatoes seeded chopped
- ☐ 1 teaspoon vegetable oil

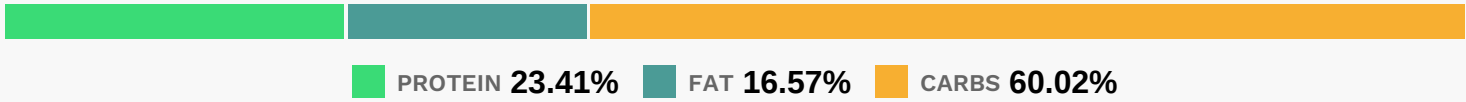
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in a large nonstick skillet over medium heat.
- ☐ Add onion, jalapeno pepper, and garlic; saute 8 minutes.
- ☐ Add shrimp, vinegar, and salt, and saute 3 minutes.
- ☐ Pour tequila into one side of skillet, and ignite tequila with a long match.
- ☐ Let flames die down.
- ☐ Add tomato and cilantro, and cook 2 minutes or until thoroughly heated, stirring occasionally.
- ☐ Remove from heat, and stir in lime juice. Spoon shrimp mixture over rice.
- ☐ Serve with avocado wedges.

Nutrition Facts



Properties

Glycemic Index:53.83, Glycemic Load:49.71, Inflammation Score:-7, Nutrition Score:15.529130458832%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg,

Hesperetin: 0.22mg Naringenin: 0.52mg, Naringenin: 0.52mg, Naringenin: 0.52mg, Naringenin: 0.52mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 6.63mg, Quercetin: 6.63mg, Quercetin: 6.63mg, Quercetin: 6.63mg

Nutrients (% of daily need)

Calories: 410.56kcal (20.53%), Fat: 6.75g (10.39%), Saturated Fat: 1.07g (6.69%), Carbohydrates: 55g (18.33%), Net Carbohydrates: 50.26g (18.28%), Sugar: 3.78g (4.2%), Cholesterol: 121.71mg (40.57%), Sodium: 196.99mg (8.56%), Alcohol: 6.68g (100%), Alcohol %: 2.09% (100%), Protein: 21.46g (42.91%), Manganese: 1.06mg (53.1%), Vitamin C: 26.15mg (31.69%), Phosphorus: 286.52mg (28.65%), Copper: 0.55mg (27.36%), Vitamin B6: 0.39mg (19.66%), Potassium: 676.57mg (19.33%), Fiber: 4.74g (18.96%), Selenium: 13.02µg (18.6%), Magnesium: 70.7mg (17.68%), Vitamin K: 17.98µg (17.12%), Vitamin A: 797.45IU (15.95%), Zinc: 2.28mg (15.22%), Folate: 51.03µg (12.76%), Vitamin B5: 1.24mg (12.41%), Vitamin E: 1.53mg (10.22%), Vitamin B3: 1.87mg (9.35%), Calcium: 88.78mg (8.88%), Iron: 1.31mg (7.28%), Vitamin B1: 0.11mg (7.14%), Vitamin B2: 0.1mg (5.81%)