



WHATSheATE



Stuffed Shrimp with Lemon-Pomegranate Glaze



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



135 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 0.3 teaspoon ginger fresh grated peeled
- ☐ 1 tablespoon mint leaves fresh chopped
- ☐ 1 garlic minced
- ☐ 2 garlic minced

- ☐ 1 teaspoon ground coriander
- ☐ 1 teaspoon cumin
- ☐ 0.3 teaspoon pepper red
- ☐ 0.5 teaspoon turmeric
- ☐ 1 tablespoon paprika sweet
- ☐ 1.5 pounds shrimp unpeeled
- ☐ 0.3 cup juice of lemon fresh
- ☐ 1.5 teaspoons lemon zest grated
- ☐ 3 tablespoons olive oil
- ☐ 0.5 cup onion finely chopped
- ☐ 3 tablespoons grenadine syrup
- ☐ 0.3 teaspoon salt
- ☐ 0.8 teaspoon salt
- ☐ 0.8 pound chicken breast boneless skinless
- ☐ 2 teaspoons tomato paste

Equipment

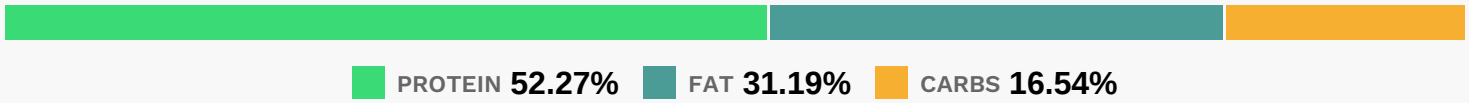
- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ To prepare sauce, combine first 7 ingredients, stirring with a whisk.
- ☐ Remove 2 tablespoons sauce; set aside. Reserve remaining sauce for dipping.
- ☐ Preheat oven to 42
- ☐ To prepare shrimp, peel and devein shrimp, leaving tails intact.
- ☐ Cook chopped onion in boiling water for 2 minutes or until tender.

- ☐ Drain and rinse with cold water; drain.
- ☐ Place onion in a large bowl.
- ☐ Place chicken in a food processor; process until coarsely chopped.
- ☐ Add chicken, paprika, and next 11 ingredients (paprika through 2 garlic cloves) to onion; stir well.
- ☐ Place the shrimp in a single layer on a large baking sheet coated with cooking spray. Arrange shrimp on their sides, so that each forms a "C" shape. Spoon a heaping tablespoon of chicken mixture into the center of each shrimp. Gently press the chicken mixture until it touches sides of shrimp.
- ☐ Brush shrimp with 2 tablespoons sauce.
- ☐ Bake at 425 for 10 minutes or until shrimp are done and stuffing is firm.
- ☐ Serve with remaining 1/2 cup sauce.
- ☐ Garnish with cilantro sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:33.33, Glycemic Load:3.66, Inflammation Score:0, Nutrition Score:6.3139130084411%

Flavonoids

Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg

Nutrients (% of daily need)

Calories: 134.88kcal (6.74%), Fat: 4.72g (7.25%), Saturated Fat: 0.73g (4.57%), Carbohydrates: 5.62g (1.87%), Net Carbohydrates: 5.02g (1.83%), Sugar: 2.99g (3.32%), Cholesterol: 109.43mg (36.48%), Sodium: 304.89mg (13.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.78g (35.56%), Phosphorus: 189.72mg (18.97%), Vitamin B3: 3.09mg (15.46%), Selenium: 9.41µg (13.44%), Copper: 0.25mg (12.6%), Vitamin B6: 0.25mg (12.56%), Potassium: 311.74mg (8.91%), Magnesium: 32.14mg (8.04%), Zinc: 1.01mg (6.75%), Vitamin A: 334.78IU (6.7%), Vitamin C:

4.45mg (5.39%), Vitamin E: 0.79mg (5.29%), Manganese: 0.1mg (4.97%), Calcium: 48.15mg (4.82%), Iron: 0.82mg (4.56%), Vitamin B5: 0.45mg (4.46%), Vitamin K: 3.18µg (3.03%), Vitamin B2: 0.04mg (2.59%), Fiber: 0.6g (2.41%), Vitamin B1: 0.03mg (1.94%), Folate: 4.79µg (1.2%)