



## Stuffed Shrimp with Lemon-Pomegranate Glaze

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



124 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### 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 clove minced
- 2 garlic clove minced

- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 0.3 teaspoon ground 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 pomegranate molasses
- 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:25, Glycemic Load:0.32, Inflammation Score:-7, Nutrition Score:8.301739083684%

### 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: 123.57kcal (6.18%), Fat: 5g (7.7%), Saturated Fat: 0.74g (4.62%), Carbohydrates: 5.04g (1.68%), Net Carbohydrates: 4.44g (1.61%), Sugar: 2.42g (2.68%), Cholesterol: 89.58mg (29.86%), Sodium: 556.99mg (24.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.1g (28.2%), Selenium: 26.16µg (37.37%), Phosphorus: 206.59mg (20.66%), Vitamin B3: 4.1mg (20.51%), Vitamin B6: 0.34mg (17.17%), Vitamin B12: 0.69µg (11.43%), Vitamin E: 1.55mg (10.36%), Vitamin A: 453.95IU (9.08%), Copper: 0.13mg (6.59%), Potassium: 225.01mg (6.43%),

Vitamin B5: 0.62mg (6.22%), Magnesium: 24.56mg (6.14%), Vitamin C: 4.48mg (5.43%), Zinc: 0.8mg (5.32%),  
Manganese: 0.09mg (4.63%), Calcium: 42.06mg (4.21%), Folate: 15.6µg (3.9%), Iron: 0.64mg (3.57%), Vitamin K:  
3.32µg (3.16%), Vitamin B2: 0.05mg (3.08%), Vitamin B1: 0.04mg (2.7%), Fiber: 0.6g (2.41%)