



Sun-Dried Tomato Spiced Shrimp



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



295 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.3 teaspoons curry paste
- ☐ 1 cup cilantro leaves fresh chopped
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.5 teaspoon lemon rind
- ☐ 1.5 pounds shrimp deveined peeled
- ☐ 8 ounce oil-packed sun-dried tomato halves

Equipment

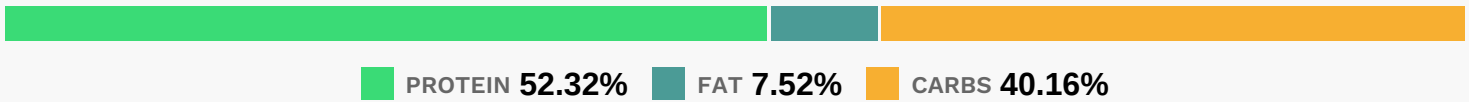
- ☐ food processor

- ☐ bowl
- ☐ sieve
- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Drain sun-dried tomatoes in a sieve over a bowl, reserving oil.
- ☐ Place 1 tablespoon reserved oil in a food processor. Coarsely chop 1 cup tomatoes; add to food processor.
- ☐ Place remaining oil and sun-dried tomatoes in sun-dried tomato jar; reserve for another use.
- ☐ Add cilantro, rind, juice, and curry to food processor; process until smooth.
- ☐ Combine tomato mixture and shrimp in a large zip-top plastic bag. Seal and marinate in refrigerator 2 hours, turning bag occasionally.
- ☐ Remove shrimp from bag; discard marinade.
- ☐ Prepare grill to medium-high heat.
- ☐ Place shrimp on grill rack coated with cooking spray; grill 3 minutes on each side or until done.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:7.41, Inflammation Score:-8, Nutrition Score:25.695652080619%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg

Nutrients (% of daily need)

Calories: 295.35kcal (14.77%), Fat: 2.71g (4.16%), Saturated Fat: 0.47g (2.91%), Carbohydrates: 32.48g (10.83%), Net Carbohydrates: 25.29g (9.2%), Sugar: 21.66g (24.07%), Cholesterol: 273.86mg (91.29%), Sodium: 265.04mg (11.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.32g (84.65%), Copper: 1.48mg (74.03%), Potassium: 2422.8mg (69.22%), Phosphorus: 568.41mg (56.84%), Manganese: 1.12mg (56.04%), Magnesium: 171.06mg

(42.76%), Vitamin K: 36.78µg (35.03%), Iron: 6.16mg (34.21%), Vitamin C: 26.66mg (32.32%), Fiber: 7.19g (28.77%), Vitamin B3: 5.18mg (25.92%), Zinc: 3.43mg (22.88%), Vitamin B1: 0.3mg (20.27%), Vitamin A: 1012.14IU (20.24%), Calcium: 176.88mg (17.69%), Vitamin B2: 0.29mg (16.77%), Vitamin B5: 1.22mg (12.17%), Folate: 42.57µg (10.64%), Vitamin B6: 0.2mg (9.9%), Selenium: 3.16µg (4.52%)