



Tequila Shrimp

 Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



179 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 4 cloves garlic chopped
- ☐ 6 servings salt and pepper to taste
- ☐ 1.5 pounds shrimp deveined peeled
- ☐ 0.5 cup tequila
- ☐ 2 tablespoons butter unsalted

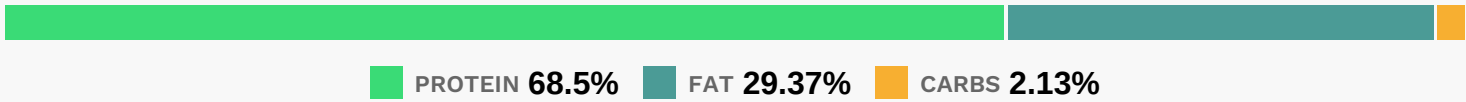
Equipment

- ☐ frying pan

Directions

- ☐ Melt butter in a large skillet over medium heat.
- ☐ Saute garlic until light brown.
- ☐ Place shrimp in the pan, and cook for 3 minutes.
- ☐ Pour in tequila, and season with cilantro, salt, and pepper. Cook for 2 more minutes.

Nutrition Facts



Properties

Glycemic Index:12.83, Glycemic Load:0.19, Inflammation Score:-2, Nutrition Score:4.6804347951775%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 179.34kcal (8.97%), Fat: 4.38g (6.74%), Saturated Fat: 2.51g (15.71%), Carbohydrates: 0.71g (0.24%), Net Carbohydrates: 0.63g (0.23%), Sugar: 0.03g (0.04%), Cholesterol: 192.6mg (64.2%), Sodium: 330.4mg (14.37%), Alcohol: 6.68g (100%), Alcohol %: 5.97% (100%), Protein: 22.99g (45.98%), Phosphorus: 248.29mg (24.83%), Copper: 0.46mg (22.87%), Zinc: 1.56mg (10.41%), Magnesium: 40.63mg (10.16%), Potassium: 315.9mg (9.03%), Calcium: 78.33mg (7.83%), Vitamin K: 4.49µg (4.28%), Vitamin A: 206.77IU (4.14%), Manganese: 0.08mg (4.04%), Iron: 0.66mg (3.65%), Vitamin B6: 0.03mg (1.36%), Vitamin C: 0.98mg (1.19%)