



Tequila Shrimp

 **Gluten Free**  **Dairy Free**

READY IN



15 min.

SERVINGS



4

CALORIES



271 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 servings pepper black freshly ground
- 4 medium garlic clove minced
- 4 servings kosher salt
- 0.3 cup juice of lime freshly squeezed for serving
- 2 tablespoons olive oil
- 1.5 pounds shrimp deveined uncooked peeled halved lengthwise
- 0.5 cup tequila
- 1 medium onion white minced

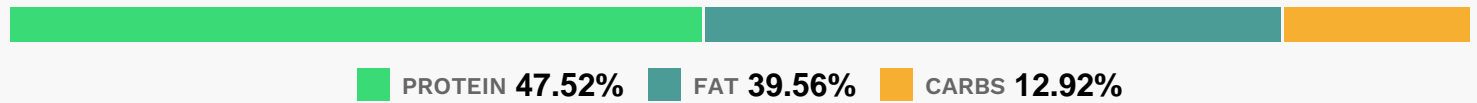
Equipment

- frying pan

Directions

- Heat the oil in a large frying pan over medium heat. When it shimmers, add the onion and garlic, season with salt, and cook until translucent, about 8 to 10 minutes.
- Add the shrimp and cook until they turn pink, about 3 minutes.
- Remove the pan from heat, add the tequila, and scrape the bottom of the pan to incorporate any browned bits. Return the pan to heat. (If you want, carefully tilt the pan to ignite the tequila.) Simmer until the alcohol smell has cooked off and the shrimp are fully cooked, about 3 minutes.
- Remove from heat, stir in the lime juice, and season with salt and pepper. Taste, adjust the seasoning as necessary, and serve with extra lime wedges, pico de gallo, and guacamole as desired.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:0.86, Inflammation Score:-5, Nutrition Score:13.766956645509%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.71mg, Quercetin: 5.71mg, Quercetin: 5.71mg, Quercetin: 5.71mg

Nutrients (% of daily need)

Calories: 271.45kcal (13.57%), Fat: 8.77g (13.5%), Saturated Fat: 1.18g (7.37%), Carbohydrates: 6.45g (2.15%), Net Carbohydrates: 5.83g (2.12%), Sugar: 1.45g (1.61%), Cholesterol: 214.32mg (71.44%), Sodium: 1158.91mg (50.39%), Alcohol: 10.02g (100%), Alcohol %: 5.01% (100%), Protein: 23.72g (47.43%), Selenium: 50.93µg (72.76%),

Phosphorus: 431.08mg (43.11%), Vitamin B12: 1.89µg (31.47%), Vitamin E: 3.3mg (21.97%), Vitamin B6: 0.35mg (17.52%), Copper: 0.34mg (17.06%), Vitamin B3: 3.1mg (15.52%), Zinc: 1.76mg (11.72%), Calcium: 106.36mg (10.64%), Magnesium: 42.31mg (10.58%), Folate: 39.16µg (9.79%), Vitamin C: 7.51mg (9.1%), Manganese: 0.16mg (7.82%), Potassium: 264.13mg (7.55%), Vitamin A: 315.1IU (6.3%), Vitamin B5: 0.6mg (5.99%), Vitamin K: 5.14µg (4.89%), Vitamin B1: 0.06mg (3.89%), Iron: 0.54mg (3.01%), Fiber: 0.62g (2.47%), Vitamin B2: 0.04mg (2.35%), Vitamin D: 0.17µg (1.13%)