



Xuxu and Shrimp with Chile and Lemon



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



282 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup cilantro leaves chopped
- ☐ 6 garlic clove
- ☐ 2 tablespoons jalapeno fresh chopped
- ☐ 0.3 cup juice of lemon fresh
- ☐ 0.3 cup olive oil divided
- ☐ 14 ounces hearts of palm dry rinsed cut into 1/2-inch pieces well canned
- ☐ 1.5 pounds shrimp deveined peeled
- ☐ 0.8 cup onion white chopped

☐ 3 medium chayote squashes (chayote;)

Equipment

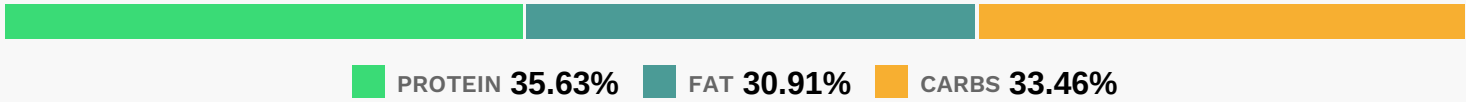
☐ food processor

☐ frying pan

Directions

- ☐ With motor running, drop garlic into a food processor and finely chop. Stop processor and add onion, jalapeño (to taste), lemon juice, and 1/4 teaspoon salt, then pulse until finely chopped.
- ☐ Let stand at room temperature 30 minutes for flavors to develop.
- ☐ Peel xuxu if skin is tough.
- ☐ Cut xuxu off pit in slices, then cut into 1/4-inch-thick matchsticks.
- ☐ Toss shrimp with 1 teaspoon salt.
- ☐ Heat 3 tablespoons oil in a 12-inch heavy skillet over medium-high heat until it shimmers. Sauté shrimp until just cooked through, 3 to 5 minutes.
- ☐ Transfer to a plate.
- ☐ Sauté xuxu in remaining tablespoon oil in skillet until crisp-tender, about 3 minutes.
- ☐ Return shrimp to skillet, then add hearts of palm and sauté until just heated through.
- ☐ Remove from heat and stir in chile-lemon sauce and cilantro.
- ☐ steamed rice

Nutrition Facts



Properties

Glycemic Index:20.17, Glycemic Load:0.75, Inflammation Score:-5, Nutrition Score:15.559565207233%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 1.96mg, Hesperetin: 1.96mg, Hesperetin: 1.96mg, Hesperetin: 1.96mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg

Naringenin: 0.19mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 4.89mg, Quercetin: 4.89mg, Quercetin: 4.89mg, Quercetin: 4.89mg

Nutrients (% of daily need)

Calories: 281.67kcal (14.08%), Fat: 9.89g (15.21%), Saturated Fat: 1.43g (8.92%), Carbohydrates: 24.07g (8.02%), Net Carbohydrates: 21.35g (7.76%), Sugar: 13.88g (15.42%), Cholesterol: 182.57mg (60.86%), Sodium: 147.71mg (6.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.64g (51.29%), Copper: 0.97mg (48.69%), Potassium: 1648.83mg (47.11%), Phosphorus: 360.36mg (36.04%), Vitamin B6: 0.68mg (33.78%), Zinc: 4.56mg (30.42%), Vitamin C: 24.21mg (29.34%), Folate: 85.76µg (21.44%), Magnesium: 58.77mg (14.69%), Vitamin E: 1.93mg (12.89%), Manganese: 0.25mg (12.42%), Iron: 2.11mg (11.75%), Vitamin K: 11.94µg (11.37%), Fiber: 2.72g (10.89%), Calcium: 107.83mg (10.78%), Vitamin B2: 0.15mg (9.05%), Vitamin B3: 1.04mg (5.18%), Vitamin B1: 0.07mg (4.71%), Vitamin A: 160.35IU (3.21%), Vitamin B5: 0.25mg (2.45%), Selenium: 1.16µg (1.66%)