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Garlic Jalepeno Shrimp ♦♦

A spicy and flavorful shrimp dish with garlic and jalapeno.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 15 mins

Total Time: 25 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	Shrimp
4 cloves	garlic
2 pepper	Jalapeno
2 tbsp	olive oil
1 teaspoon	salt
1 teaspoon	black pepper

2 lime juice
tablespoon

Directions

Step 1

Preparation

Peel and devein the shrimp.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Mince the garlic and jalapeno.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Stove

Heat olive oil in a pan over medium heat.

Prep Time: 0 mins

Cook Time: 2 mins

Step 4

Stove

Add minced garlic and jalapeno to the pan and sauté for 1 minute.

Prep Time: 0 mins

Cook Time: 1 mins

Step 5

Stove

Add shrimp to the pan and cook for 3-4 minutes on each side until pink and cooked through.

Prep Time: 0 mins

Cook Time: 8 mins

Step 6

Stove

Season with salt, black pepper, and lime juice.

Prep Time: 0 mins

Cook Time: 1 mins

Nutrition Facts

Calories: 200 kcal

Fat: 8 g

Protein: 25 g

Carbohydrates: 3 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	25 g	147.06%	147.06%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	3 g	5.45%	6%
Fibers	1 g	2.63%	4%
Sugars	1 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	8 g	28.57%	32%
Cholesterol	200 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	30 mcg	1250%	1250%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	6 mg	0.6%	0.6%
Iron	15 mg	187.5%	83.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	300 mg	8.82%	11.54%
Zinc	20 mg	181.82%	250%
Selenium	50 mcg	90.91%	90.91%

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas

Cuisines

Mexican Middle Eastern

Nutritional Content

Low Calorie High Protein Low Fat Low Carb High Fiber

Kitchen Tools

Mixer Oven Stove Slow Cooker

Course

Appetizers Main Dishes Drinks Salads Sauces & Dressings

Cooking Method

Steaming

Meal Type

Lunch Dinner Snack

Difficulty Level

Medium

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