



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Sautéed Shrimp

A delicious recipe featuring sautéed shrimp. This dish is perfect for seafood lovers and can be enjoyed as a main course or appetizer. The shrimp is cooked to perfection with a flavorful blend of spices and served with a side of your choice.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 10 mins

Total Time: 20 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	Shrimp
2 tbsp	olive oil
4 cloves	garlic
4 slices	Lemon
1 tsp	Salt

1 tsp Black pepper

2 tbsp Parsley

Directions

Step 1

Preparation

Peel and devein the shrimp.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Stove

Heat olive oil in a pan over medium heat.

Prep Time: 0 mins

Cook Time: 2 mins

Step 3

Stove

Add garlic to the pan and sauté for 1 minute.

Prep Time: 0 mins

Cook Time: 1 mins

Step 4

Stove

Add shrimp to the pan and cook for 2-3 minutes on each side until pink and cooked through.

Prep Time: 0 mins

Cook Time: 6 mins

Step 5

Season with salt and black pepper to taste.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Garnish with parsley and serve with lemon slices.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 168 kcal

Fat: 6 g

Protein: 25 g

Carbohydrates: 2 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	2 g	3.64%	4%
Fibers	0 g	0%	0%
Sugars	0 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	1 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	6 g	21.43%	24%
Cholesterol	239 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%
Vitamin C	8 mg	8.89%	10.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	2 mcg	83.33%	83.33%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	450 mg	19.57%	19.57%
Calcium	18 mg	1.8%	1.8%
Iron	2 mg	25%	11.11%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	239 mg	7.03%	9.19%
Zinc	2 mg	18.18%	25%
Selenium	41 mcg	74.55%	74.55%

Recipe Attributes

Seasonality

Summer Fall

Cuisines

Italian

Meal Type

Breakfast Lunch Dinner Snack Supper

Nutritional Content

Low Calorie High Protein Low Fat Low Carb High Fiber Low Sodium
Sugar-Free High Vitamin C High Iron High Calcium

Kitchen Tools

Blender Mixer Oven Stove

Course

Appetizers Main Dishes

Difficulty Level

Easy

Visit our website: healthdor.com