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## Shrimp with Candied Walnuts ♦♦

A delicious recipe featuring shrimp and candied walnuts. This dish is savory and sweet, with a perfect balance of flavors. It can be enjoyed as a main course or as an appetizer. The shrimp is cooked to perfection and paired with crunchy candied walnuts for a delightful texture. This recipe is sure to impress your guests!

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 10 mins

**Total Time:** 25 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

400 g Shrimp

100 g candied walnuts

### Directions

## Step 1

Stove

Cook the shrimp in a pan until pink and cooked through.

**Prep Time:** 5 mins

**Cook Time:** 5 mins

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## Step 2

Stove

Prepare the candied walnuts by coating them in sugar and caramelizing them in a pan.

**Prep Time:** 5 mins

**Cook Time:** 5 mins

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## Step 3

Combine the cooked shrimp and candied walnuts in a serving dish.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 300 kcal

**Fat:** 10 g

**Protein:** 25 g

**Carbohydrates:** 20 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	20 g	36.36%	40%
Fibers	2 g	5.26%	8%
Sugars	15 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	3 g	13.64%	17.65%
Fat	10 g	35.71%	40%
Cholesterol	150 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	8 mg	8.89%	10.67%
Vitamin B6	15 mg	1153.85%	1153.85%
Vitamin B12	20 mcg	833.33%	833.33%
Vitamin E	6 mg	40%	40%
Vitamin D	2 mcg	13.33%	13.33%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	4 mg	0.4%	0.4%
Iron	10 mg	125%	55.56%
Potassium	6 mg	0.18%	0.23%
Zinc	15 mg	136.36%	187.5%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	30 mcg	54.55%	54.55%

## Recipe Attributes

### Events

Christmas Easter New Year Picnic

### Cuisines

Italian Chinese Indian

### Course

Appetizers Main Dishes Snacks

### Cultural

Chinese New Year

### Demographics

Kids Friendly Teen Friendly Lactation Friendly Allergy Friendly  
Diabetic Friendly Heart Healthy

### Diet

Mediterranean Diet DASH Diet (Dietary Approaches to Stop Hypertension)  
Flexitarian Diet Volumetrics Diet Vegetarian Diet Vegan Diet  
Lacto-Ovo Vegetarian Diet The Fast Metabolism Diet Nutrient Timing Diet  
The Gerson Therapy The Scarsdale Diet The Beverly Hills Diet The F-Plan Diet  
The Israeli Army Diet The Master Cleanse Diet  
The CICO (Calories In, Calories Out) Diet The HCG Diet The Optavia Diet  
The Histamine Intolerance Diet The IBS (Irritable Bowel Syndrome) Diet

The Chronic Pancreatitis Diet    The Sarcoidosis Diet    The Leaky Gut Syndrome Diet

The Behçet's Disease Diet    The Graves' Disease Diet    The Addison's Disease Diet

The Cushing's Syndrome Diet    The Ankylosing Spondylitis Diet    The Lupus Diet

The Myasthenia Gravis Diet

The POTS (Postural Orthostatic Tachycardia Syndrome) Diet

The Eosinophilic Esophagitis (EoE) Diet

The Chronic Obstructive Pulmonary Disease (COPD) Diet    The Asthma Diet

The Sinusitis Diet    The Bronchiectasis Diet    The Insomnia Diet

The Seasonal Affective Disorder (SAD) Diet

The ADHD Diet (Attention Deficit Hyperactivity Disorder)    The Autism Diet

The Bipolar Disorder Diet    The Schizophrenia Diet

The Post-Traumatic Stress Disorder (PTSD) Diet    Blood Type O Diet

Blood Type A Diet    Blood Type B Diet    Blood Type AB Diet

## Cooking Method

Grilling    Frying    Baking    Boiling    Steaming    Microwaving    Blanching

Sautéing    Roasting    Smoking    Curing    Blending    Grinding    Freezing

Canning    Drying    Pickling    Sous Vide    Pasteurizing    Fermenting    Infusing

Pressing    Jellying    Carbonating    Whipping    Stirring    Simmering    Cutting

Cut    Mixing    Resting    Plating    Serving    Cooking    None    Stir-frying

Mashing    Preheating    Sprinkling    Heating    Refrigerating    Preparation

Cooling    Oven    Stove

## Healthy For

Gastroesophageal reflux disease (GERD)    Gastritis    Peptic ulcer disease

Inflammatory bowel disease (IBD)    Irritable bowel syndrome (IBS)    Celiac disease

Diverticulitis    Hemorrhoids    Appendicitis    Gallstones    Pancreatitis

Liver disease    Gastroparesis    Gastroenteritis    Hepatitis    Colorectal cancer

## Meal Type

Lunch

Dinner

Snack

Supper

### Difficulty Level

Medium

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