



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

## Shrimp Primavera

Shrimp Primavera is a delicious dinner entree that combines succulent shrimp with fresh seasonal vegetables in a light and flavorful sauce. It is a classic Italian dish that is usually served over pasta or rice.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 20 mins

**Total Time:** 35 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

500 g	Shrimp
2 tbsp	olive oil
4 cloves	garlic
2 pieces	Bell peppers

<b>2</b>	zucchini
<b>pieces</b>	
<b>250 g</b>	Cherry Tomatoes
<b>1 tsp</b>	salt
<b>1 tsp</b>	black pepper
<b>0.5 tsp</b>	red pepper flakes
<b>2 tbsp</b>	lemon juice
<b>20 g</b>	Fresh Basil
<b>50 g</b>	parmesan cheese

## Directions

---

### Step 1

Stove

Heat olive oil in a large skillet over medium heat. Add garlic and cook until fragrant.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

---

### Step 2

Stove

Add bell peppers and zucchini to the skillet. Cook until vegetables are tender.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

---

### Step 3

Stove

Add shrimp and cherry tomatoes to the skillet. Cook until shrimp are pink and cooked through.

**Prep Time:** 5 mins

**Cook Time:** 5 mins

### Step 4

Stove

Season with salt, black pepper, red pepper flakes, and lemon juice. Stir well to combine.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

### Step 5

Garnish with fresh basil and grated Parmesan cheese. Serve hot.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 200 kcal

**Fat:** 10 g

**Protein:** 20 g

**Carbohydrates:** 10 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	3 g	7.89%	12%
Sugars	5 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	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	50 mg	55.56%	66.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	15 mcg	625%	625%
Vitamin E	8 mg	53.33%	53.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	15 mg	1.5%	1.5%
Iron	10 mg	125%	55.56%
Potassium	500 mg	14.71%	19.23%
Zinc	10 mg	90.91%	125%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	20 mcg	36.36%	36.36%

## Recipe Attributes

### Seasonality

Summer Fall

### Events

Christmas Easter Thanksgiving Birthday Wedding Halloween  
Valentine's Day Mother's Day Father's Day New Year Anniversary  
Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic  
Game Day

### Meal Type

Dinner

### Difficulty Level

Easy

Visit our website: [healthdor.com](http://healthdor.com)