

Shrimp Nutrition Guide

*The Ultimate Resource
for Dietitians*



*Insights, tips, and
techniques for
maximizing
shrimp benefits.*

Shrimp Nutrition Guide

The Ultimate Resource for Dietitians.

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Ecuadorian shrimp is the result of years of dedication to quality, social well-being, and environmental welfare. At every stage of our production process, there's a commitment to adhering to the highest standards and embracing innovation and new technology. Thanks to Ecuador's privileged weather conditions and sustainable practices, we proudly enjoy a year-round production of premium quality shrimp renowned for its real taste, beautiful color, firm texture, and nutritional properties. We invite you to learn more about this industry and the benefits of enjoying shrimp in your diet!

NATIONAL CHAMBER OF AQUACULTURE (CNA)

Farmed shrimp provides a nutritious and sustainable option to meet the rising global demand for healthy protein and seafood, while also safeguarding wild stocks and promoting well-balanced ocean ecosystems. In this guide, our aim is to showcase why incorporating shrimp into diets is an excellent choice. Through insights, tips, and more, we aspire to empower every reader to confidently prepare shrimp with an enhanced awareness of their dietary choices.

SUSTAINABLE SHRIMP PARTNERSHIP (SSP)

Registered dietitians play a crucial role in promoting the importance of seafood in a healthy diet. Shrimp is the most highly consumed seafood in the United States and provides essential vitamins and nutrients to help consumers live happier, healthier lives. SNP partnered with CNA and SSP to develop this nutrition guide to provide vital data about the nutritional benefits of shrimp in an inviting and user-friendly format. We hope you enjoy this resource and that it provides valuable information to share with your clients. Remember, eat seafood twice a week!

SEAFOOD NUTRITION PARTNERSHIP (SNP)

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Introduction

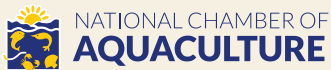
As a nutrition or health professional, you understand that people are often overwhelmed or confused about seafood. The Seafood Nutrition Partnership can help! Leading experts in the field of science, nutrition, and health design our resources for dietitians to provide a better understanding of seafood and its nutritional benefits.

We know the crucial role that RD's play in helping people maintain a healthy lifestyle. This guide was created to help educate your clients about the benefits of shrimp. It's a deep dive into how shrimp is produced, the different types of shrimp, the nutritional profile, and how to purchase, store, and cook shrimp. We'll show fun, creative ways to incorporate shrimp into a healthy diet.



In Spanish, the word "camarón" (shrimp), comes from the Latin cammarus which comes from the Greek kámmaros which means crustacean.

This guide has been curated by the Sustainable Shrimp Partnership (SSP) and Seafood Nutrition Partnership (SNP).



About National Chamber of Aquaculture (CNA):

The National Chamber of Aquaculture is a non-profit organization dedicated to promoting the sustainable development of the Ecuadorian aquaculture sector through quality services that foster competitiveness within a framework of profound respect for social and environmental standards, thereby contributing to the well-being of the community.



About Sustainable Shrimp Partnership (SSP):

Sustainable Shrimp Partnership (SSP) is a sustainability initiative led by Ecuadorian shrimp producers committed to farming premium shrimp that meets the highest social and environmental standards. SSP members are certified by the Aquaculture Stewardship Council (ASC) and focus on producing without the use of antibiotics, generating a neutral impact on the environment, and ensuring complete traceability of the product. Thus, a premium healthy, wholesome, safe product, that has been grown responsibly, is offered to the customer.



About Seafood Nutrition

Partnership (SNP):

Seafood Nutrition Partnership (SNP) is the leading 501(c)(3) non-profit organization in the U.S. building awareness of the health and nutritional benefits of seafood. SNP's mission is to inspire a healthier America through partnerships and outreach to raise awareness about the essential nutritional benefits of eating seafood.

We address the health risks of low seafood consumption through partners that provide health and nutrition guidance. Through our education efforts, we aim to:

- Build awareness of the essential nutritional benefits of eating seafood at least twice weekly.
- Help Americans gain confidence to select, order, and prepare fish and shellfish.
- Inspire a healthier America by promoting a nutrient-rich diet that includes seafood.

Why Seafood?

There are many reasons to enjoy seafood! It is a delicious, planet-friendly protein packed with nutrition. Encourage your clients to make seafood, fish and shellfish, the main protein on their plate at least twice a week.

Seafood is not only an excellent source of lean protein, it contains a range of nutrients including vitamins A, B, and D, as well as healthy omega-3 fats. Seafood is also rich in calcium and phosphorus and a great source of minerals such as iron, zinc, and magnesium. Seafood is the whole package your body needs for optimal wellness.

The Dietary Guidelines for Americans recommend eating two servings (eight ounces) per week of seafood to support overall wellness, brain, heart, and immune system health. People who eat seafood at least twice per week reduce their risk of dying of heart disease by up to 50% and are 20% less likely to suffer from depression.



Shrimp Production

It can be difficult to understand the complex seafood industry. Seafood is a global food not often grown or produced in our backyards. We rely on other countries to help supply, harvest, and process seafood. The United States imports 70–85 percent of its seafood.

There are many reasons why the United States doesn't produce more seafood, such as climate, labor costs, and fish stocks.

To feed our population, we need wild and farmed seafood. Shrimp is one species that is sourced from both aquaculture and the wild. Oftentimes, wild shrimp are caught in the Gulf of Mexico and the South Atlantic Ocean. Farmed shrimp comes from Ecuador, Vietnam, India, China, Indonesia, Thailand, the United States, and many other countries. Shrimp farming is a dynamic industry, and the specific regions and countries involved may change over time due to various factors such as market demand, environmental conditions, and technological advancements. This guide covers farmed shrimp to help your clients better understand this growing industry.



It's important to keep in mind that the type of shrimp clients choose to purchase may be what is most affordable to feed their family. Advise them to check sales flyers or buy frozen for cost savings. Remind clients that frozen seafood is just as healthy as fresh, and is a tasty, convenient, and cost-effective alternative.



Aquaculture Overview

Aquaculture is also known as fish, shellfish, and algae farming. It serves many purposes, including seafood production. Not only has it improved nutrition and food security in many parts of the world, but it is also one of the most resource-efficient ways to produce protein.

Globally, aquaculture supplies more than 50 percent of all seafood produced for human consumption – and that number is expected to rise. The U.S. is a major consumer of aquaculture products. It imports about 70–85 percent of the seafood they consume, half of which is from aquaculture. Aquaculture production in the U.S. meets only five to seven percent of the demand for seafood.

Shrimp farming began centuries ago in Asia where wild shrimp migrated into tidal impoundments intended for coastal finfish. Over the years, the industry has faced challenges, but innovation and adaptability have allowed shrimp farmers to emerge in a strong position to face the future.

In America, Ecuador stands as the first shrimp culture producer, starting in similar conditions in Asia, but with different species.



The Casual Birth of the Ecuadorian Shrimp Aquaculture

The story I'm about to tell you begins more than 55 years ago on the coast of Ecuador. It was a time when the way to obtain the most exquisite delicacy of the Pacific was to venture into the warm, crystal-clear waters that surrounded the country. There, on the seafloor, rested the Pacific whiteleg shrimp (*Penaeus vannamei*), a crustacean endemic to the region, which swam freely and wildly in the marine territory. Imagine for a moment what those days were like, where artisanal fishing provided the product that delighted Ecuadorian and foreign palates alike, and where the Ecuadorian shrimp aquaculture industry was about to emerge.

On a great day in 1968, in the Gulf of Guayaquil where the sea and land merge, nature held a secret that had remained hidden for a long time. This secret was only revealed every 14 days when the new or full moon illuminated the night sky, and the sea began to stir with force. This secret was called the "aguaje," a natural event that occurs when the Sun, Moon, and Earth align, and the combined gravitational forces of the Moon and Sun produce greater effects on the planet's liquid mass, causing an extraordinary increase in sea level and intensifying the currents.

But the 'aguaje' also held a secret that had gone unnoticed until that day in 1968, when a stroke of fate led a person in the Jambelí archipelago, in the Santa Rosa canton, to discover a fact that would visibly change the practices of shrimp fishermen in Ecuador.

As the tide rose, large amounts of fish and shrimp would venture into the salt flats and places near the mangroves. And there, in the coastal lagoons that surrounded the area, they would become imprisoned, as if it were a trap of nature. There, shrimp would develop and grow to a size that made the eyes of those who saw them shine, raging around 23 cm. This unexpected revelation was the spark that unleashed the ingenuity of the visionaries and marked the beginning of shrimp aquaculture in Ecuador.

Little by little, the pioneers of the industry began to experiment in these natural ponds as they would with a puzzle: through trial and error. They didn't have technicians or specialized workers to show them an effective and efficient path, but they did have a resilience that pushed them forward. Armed with pickaxes and shovels, the producers of the first shrimp ponds began to construct the walls that would enclose their shrimp farms.

They certainly knew how to take advantage of the natural conditions that Ecuador offered them, as to ensure that more water entered and stayed in the ponds for longer periods, they closed the water outlets and used the 'aguaje' as a great ally in filling and replenishing the ponds. Later, the producers started introducing what they called 'seeds' in the ponds. These tiny creatures were nothing but wild shrimp larvae, craftily collected from the nurseries of the estuaries, where they were trapped by the high tide. After a considerable amount of time, they would approach the farms to harvest the shrimp. This was a significant event celebrated with great joy, as it represented the fruit of months of dedication and innovation in the farming of the prized *P. vannamei*.

And so it was that, in a casual way, an industry emerged in the country. An industry that grew and developed over time, reaching the magnitude of becoming one of the main industries in Ecuador.





Currently, Ecuador is the first producer and exporter of *penaeus vannamei* in the world, the most cultured species. This indigenous crustacean from the tropical and subtropical Eastern Pacific, also known as whiteleg shrimp, finds its habitat in the soft bottoms of coastal marine and estuarine areas.

Ecuadorian farms replicate the natural habitat of the shrimp, ensuring a healthy environment for it. With its 220,000 farming hectares for shrimp production, the Ecuadorian shrimp industry has been optimizing, innovating and adopting new technologies in every step of shrimp farming, becoming a leader in food safety, sustainability, and traceability; while complying with the highest global standards and certifications.

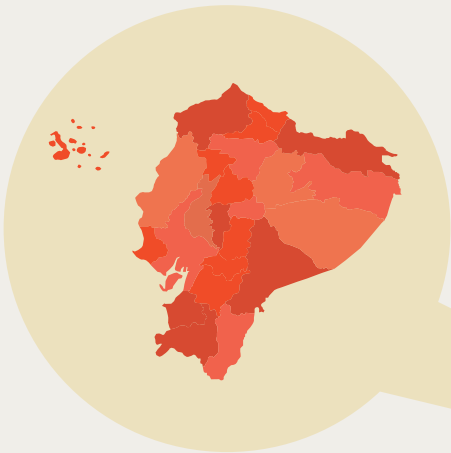


P. vannamei was introduced to Asia due to its resistance to diseases and has become the most farmed shrimp species on the continent.

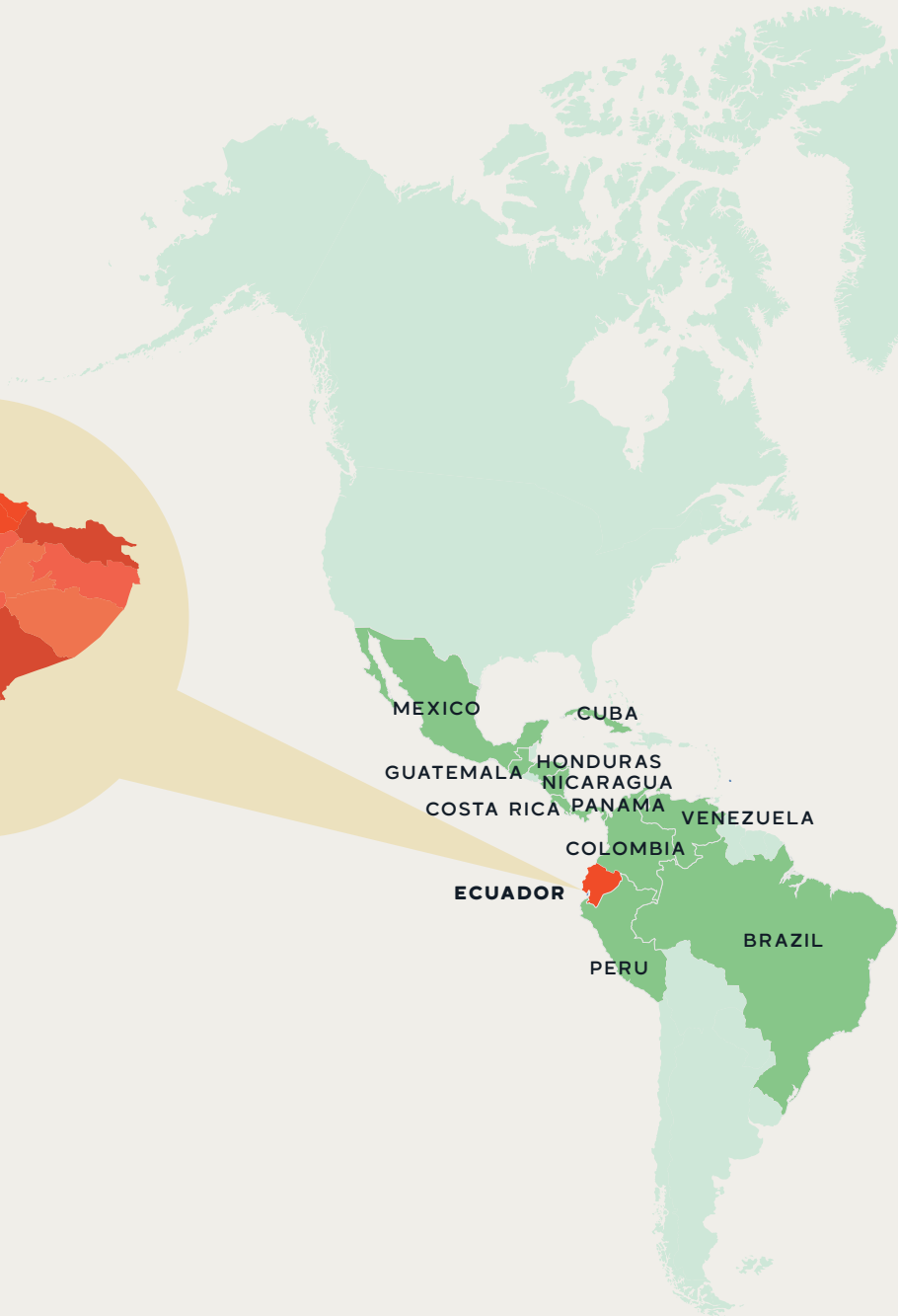
Top Global Shrimp Producing Countries



Ecuador stands out as the world's leading producer and exporter of **Whiteleg shrimp** or **P. vannamei**.



- Ecuador
- Vietnam
- India
- China
- Other Americas*
- Indonesia
- Thailand
- Other Asia**



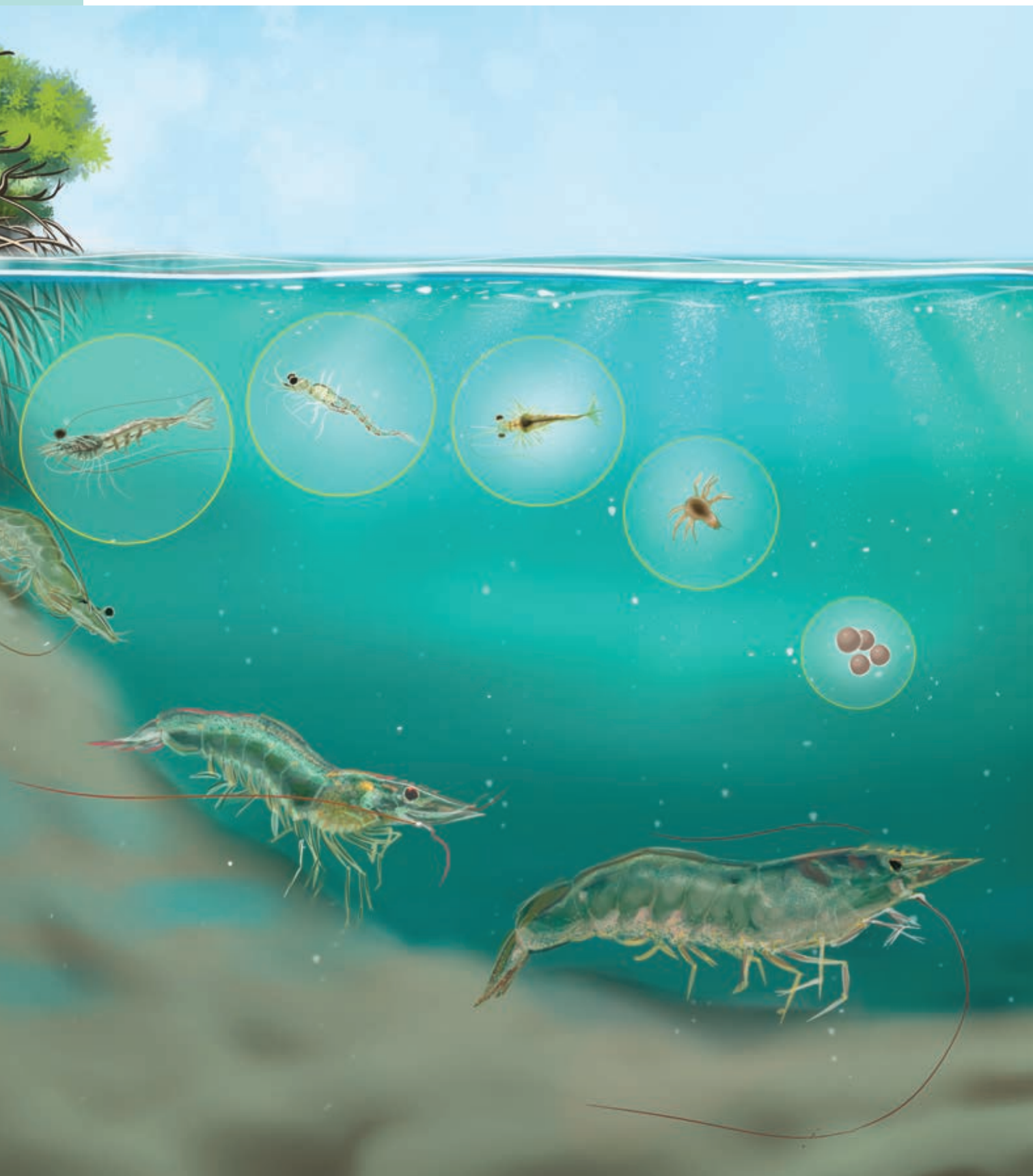
Clients should trust that farmed seafood is safe to eat. The U.S. laws that govern the harvest and processing of seafood for human consumption are among the best in the world. Seafood farmers follow the same food safety guidelines as farmers on land and farmed shellfish are fed diets designed for their nutritional needs.



The Shrimp Farming Process

Shrimp grow through successive molts during their life cycle. Farming is carried out in two major processes: larval production, which includes reproduction, spawning, and development of the various larval stages until they become post-larval, and then enter the grow-out stage.



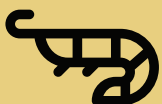
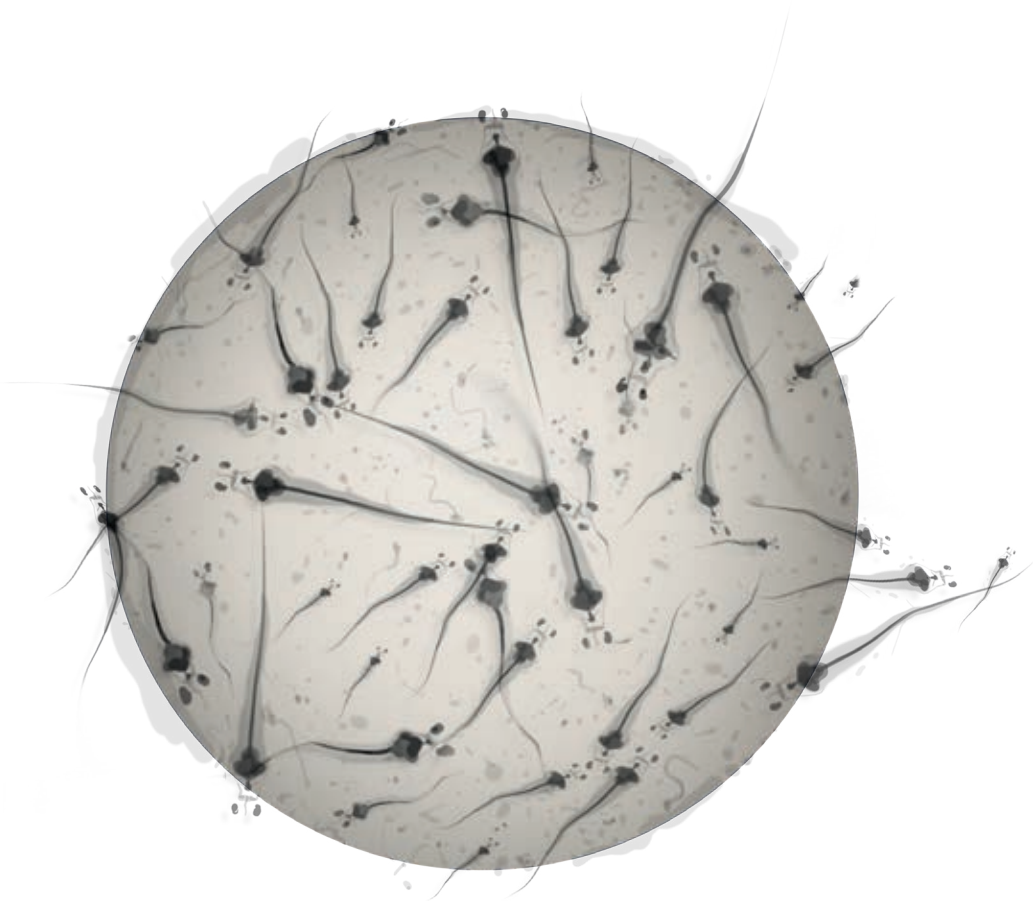


Larval production

The first stage of the shrimp farming process is to obtain broodstock. Broodstock refers to the reproductively mature adults in a population that breeds and produces more individuals or offspring. The broodstock is obtained through breeding selection in ponds and is ready to reproduce when they reach a weight of 40 to 50 grams, which occurs between 8 and 11 months, depending on the breeding system. Larvae are obtained from the broodstock that are kept in maturation laboratories.



Shrimp reproduce through eggs. Each female lays as many as half to approximately three-quarters of one million eggs per spawning. Once the eggs hatch, the first stage is called the nauplius. From there, they undergo a series of changes during the larval phase lasting from 20 to 22 days. After completing their larval development they become post-larvae. In the post-larvae stage their shape no longer changes, but rather increases in size until they become adult animals. Shrimp are reproduced in hatcheries and once the eggs reach the post larvae stage, they are transported to shrimp farms.



There is sexual dimorphism in shrimp. Adult females display a more elongated carapace and a longer rostrum than males. In hatcheries, males and females are kept separately until they are ready for reproduction.

Production Process at the Farm

1. Grow-out

This process includes the growth of the post-larvae until they reach commercial size, which corresponds to a weight of at least 15 grams or $\frac{1}{2}$ an ounce. They grow and mature in large earthen ponds, at least three feet deep, whose earthen walls are constructed with excavation machinery.

Shrimp farms are located close to an estuary or near the shoreline to ensure a nearby source of salt or brackish water. A farm can carry out, on average, three farming cycles per year, depending on the weather conditions. The size of the harvest is reached between 90 to 110 days.

2. Feeding

The survival and development of shrimp in captivity depend on the type and quantity of the feed provided. Shrimp is an omnivorous organism and its diet ranges from plankton to balanced feed. Shrimp are fed with formulated diets that provide the necessary nutrients for their growth and development. The feed and diet composition depends on the shrimp species, age, and size. Commercial shrimp feeds often contain a combination of fishmeal, plant proteins, vitamins, and minerals.

The conditions of the pond water, mainly the temperature and dissolved oxygen, are monitored and closely controlled daily. Water quality is crucial and it may require treatment or filtration to maintain optimal conditions for shrimp health.

About a month after sowing, growth control is monitored weekly to make periodic adjustments to the diet. Regular monitoring of their growth, feeding patterns, and health status is conducted.



3. Pond management

Pond management and maintenance is critical in shrimp farming as it impacts the growth, health, and productivity of the shrimp. Maintaining water quality is an essential aspect of shrimp aquaculture, as it is particularly sensitive to the low concentration of oxygen in the water. Aeration systems, such as paddlewheels, aerators, or diffusers, are employed to maintain proper oxygen levels throughout the pond. In most cases, fertilizers are added for the blooming of algae and microorganisms that are the natural and primary food of the sown larvae.

4. Harvest

Shrimp are usually harvested by lowering the water levels to empty the pond. As soon as shrimp are harvested, they are collected in bags and stored in ice in containers at 4 degrees celsius/40 degrees Fahrenheit and then transported to the processing plant. After harvesting, the ponds are thoroughly cleaned and prepared for the next production cycle.

Processing the Shrimp

5. Processing

Once the shrimp arrives at the processing plants, there are several steps to comply with best quality:

Organoleptic analysis: the first step in the process is to assess the flavor, the texture, and the color of the shrimp, in order to determine its quality.

Sorting and Grading: Once the quality is ensured, shrimp are sorted based on their size and characteristics. Grading ensures that shrimp of similar sizes are grouped together, making them more marketable and suitable for different culinary uses.

Depending on the client requirements, processing includes activities like removing heads, shells, and tails, as well as deveining the shrimp to prepare them for various cooking methods.

6. Preservation

While the shrimp is being processed, the air temperature at the processing plants shouldn't be higher than 10°C. There are different techniques for the freezing process, and the time of freezing varies depending on the technique used. Most common freezing processes are Block Frozen and Individually Quick Frozen (IQF).

Packaging/presentation: The product can be offered in different presentations.

- Head-on, Shell-on (*HOSO*)
- Headless, Shell-on (*HLSO*)
- Value Added (*peeled, deveined, cooked, etc.*)



7. Storage and Distribution

To maintain freshness, it is vital to keep the cold chain at all times until it reaches the hands of the consumer. The packaged shrimp are stored in cold storage facilities, at -18°C to maintain their quality during storage and transportation. From there, they are distributed to international and local markets, grocery stores, and seafood wholesalers. Shrimp should be frozen at all times or it will start losing quality. The shrimp is thawed only at the supermarket seafood counter before purchase.

Waste Management: Throughout the processing and packaging stages, there will be some waste generated, such as shells, heads, and other byproducts. Some of these byproducts may be used for other purposes, like producing shrimp meal for other animal feed or as ingredients for other products, including food and medical products.

Shrimp Species

There are numerous species of shrimp, each with its own unique morphological characteristics. In fact, there are approximately 2,500 species. 100 species account for the majority of commercial shrimp catches worldwide.(1) They can live in freshwater, salt water and even mixed habitats. Shrimp come in many sizes and also several colors when raw. It may help to think of them in four color categories: white, pink, brown and red. Shrimp are mostly all orange or pink hues when cooked.

Across all species of shrimp, they are versatile in dishes and all have a subtle, sweet flavor.

Here are the most common species of farmed shrimp:

Whiteleg Shrimp (*Penaeus vannamei*)

Whiteleg shrimp is also known as the Pacific White Shrimp and vannamei . It is native to the tropical East Pacific from the Gulf of California, Mexico to northern Peru. Whiteleg shrimp is the most produced crustacean in aquaculture, due to its resistance to diseases, its firm texture and sweet flavor. It accounts for over half of the total global shrimp production, and it is raised in at least 27 countries. This species is often used in curries, scampi, stir-fry and more.



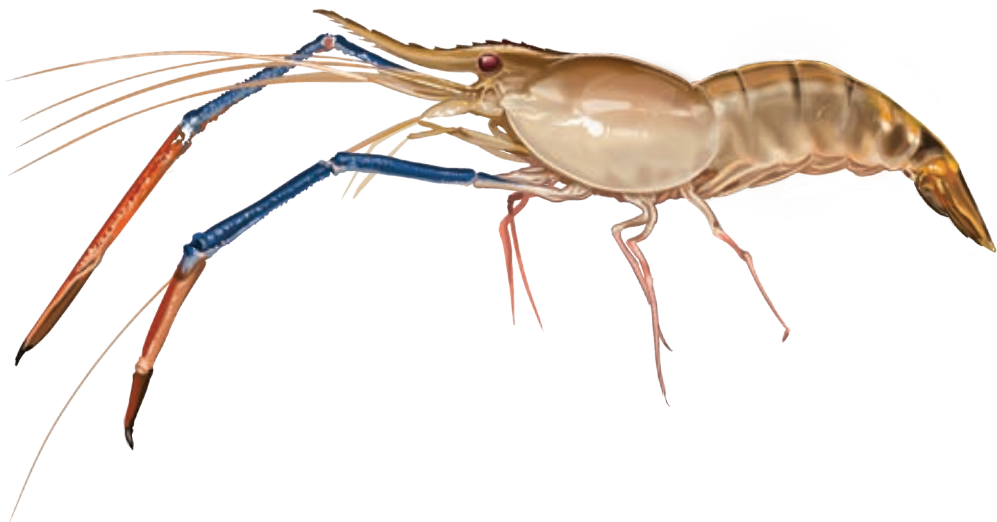
Tiger Shrimp (*Penaeus monodon*)

Tiger shrimp, also known as black tiger shrimp or giant tiger prawns are native to the Indo-Pacific region but are now farmed in various parts of the world. Tiger shrimp are considered the big boys of shrimp and are often called prawns. They are larger in size compared to many other shrimp species and have a distinct black-striped pattern on their shells. Tiger shrimp are the second most popular farmed shrimp species and have a sweet, slightly briny flavor and a firm, meaty texture.



Giant River Prawn (*Macrobrachium rosenbergii*)

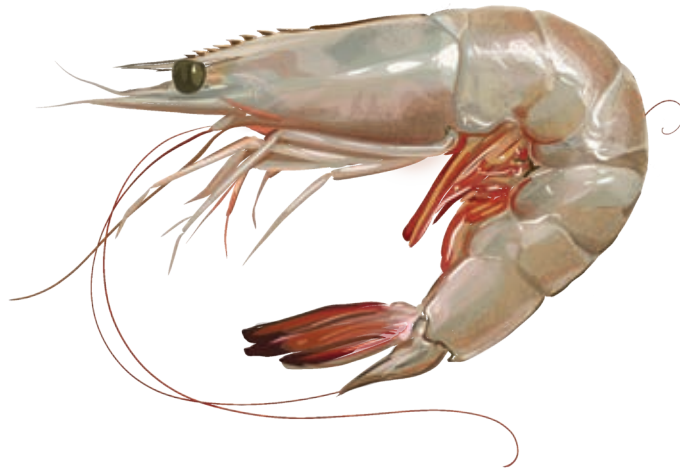
The Giant River Prawn (GRP) is found throughout the tropical and subtropical areas of the Indo-Pacific region, from India to Southeast Asia and Northern Australia. It is also farmed in China, Bangladesh, Thailand, Vietnam, India, Taiwan, and Myanmar with Asia supplying over 98 percent of global trade. The Giant River Prawn is one of the biggest freshwater prawns. Males can reach up to 12 inches! GRPs are widely cultivated in several countries for food and are mostly familiar to Asian consumers.



Here are some other common species of wild shrimp:

White Shrimp (*Litopenaeus setiferus*)

White Shrimp are one of the most widely harvested and consumed shrimp varieties. They are also known as Gulf shrimp, Northern white shrimp, Gray shrimp, Lake shrimp, Green shrimp, Common shrimp, Daytona shrimp, and Southern shrimp. They have a mild, sweet flavor and a tender texture. White shrimp are typically found in the Gulf of Mexico and along the southeastern coast of the United States.



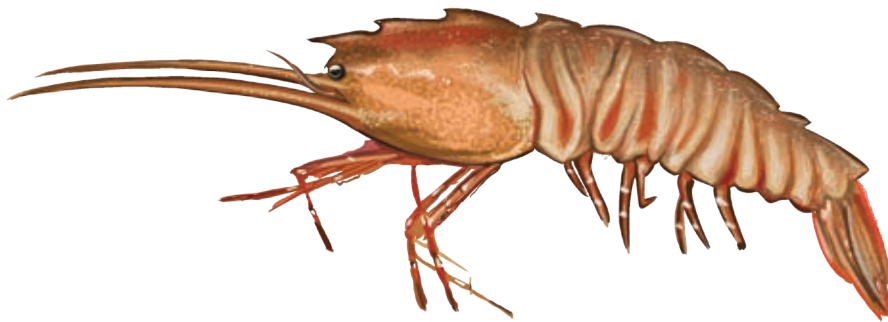
Brown Shrimp (*Farfantepenaeus aztecus*)

Brown shrimp are another variety found in the Gulf of Mexico and along the Atlantic coast of the United States. They may also be known as: Brownies, Green lake shrimp, Red shrimp, Redtail shrimp, Golden shrimp, Native shrimp, or Summer shrimp. Brown shrimp have a slightly stronger flavor compared to white shrimp and a firmer texture. They are often used in dishes like gumbo and shrimp boils.



Rock Shrimp (*Sicyonia brevirostris*)

Rock shrimp, also known as Florida rock shrimp or brown rock shrimp, are found primarily in the western Atlantic Ocean, particularly along the southeastern coast of the United States. They are the deep-water cousin of white, pink, and brown shrimp and have a hard, rock-like shell, which gives them their name. Rock shrimp have a sweet flavor and a firm texture similar to lobster. Due to their hard shells, they are often prepared by splitting them open and removing the meat. Brown rock shrimp are often called the "little shrimp with a big lobster taste."

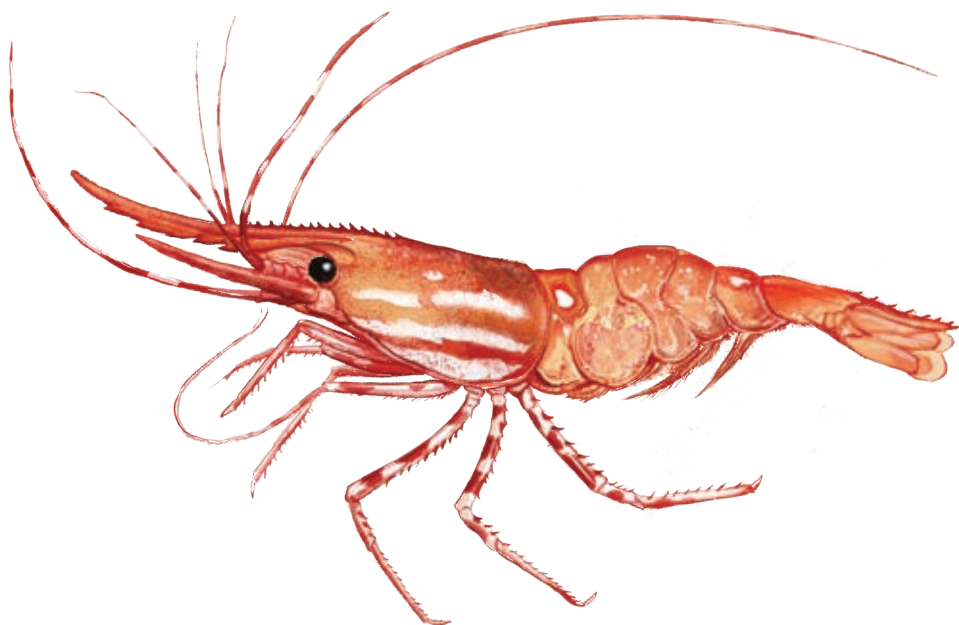
**Pink Shrimp** (*Farfantepenaeus duorarum*)

Pink shrimp are cold-water shrimp that are mainly harvested in the northern parts of the Atlantic Ocean, including the coasts of Canada, Greenland, and Norway. Pink Shrimp may also be called Spotted shrimp, Hopper, Pink spotted shrimp, Brown spotted shrimp, Grooved shrimp, Green shrimp, Pink night shrimp, Red shrimp, Skipper, or Pushed shrimp. They have a delicate, sweet flavor and a firm, slightly crunchy texture. Pink shrimp are often served cold in salads or used in seafood cocktails.



Spot Prawns (*Penaeus platyceros*)

Spot prawns are a type of shrimp native to the northeastern Pacific Ocean, ranging from Alaska to California. Some people, especially Californians, call spot prawns "Santa Barbara spot prawns," as they're harvested in limited amounts there every summer. They are known for their distinctive white spots on their bodies and their sweet, succulent, delicate flavor. Spot prawns have a firm texture and are highly regarded in culinary circles.



Fun Fact

Spot Prawns can live up to 6 years, where most shrimp have a lifespan of about 2 years. Another species for Marine Capture Production: Chinese White Shrimp (*P. chinensis*)

Shrimp production in the United States can be a challenge due to climate. There is only a short window in which shrimp can be harvested. To extend the growing season, some farmers are turning to Chinese White Shrimp as its a cold-tolerant species of shrimp.

Question & Answer



***When it comes to shrimp, farmed versus wild?
Which is best and how to differentiate them?***



The only way to differentiate farmed vs wild is that wild has a stronger flavor and texture than farmed. And you won't be able to notice that until it is cooked, unless it is stated in the box or through traceability systems. Another identifier of wild or farmed shrimp is its sustainability certification.

Wild shrimp grows in its natural habitat, under estuarine and sea water characteristics. It can be found on the bottom-flat of these areas and it feeds from primary production species, and other organisms. Its reproduction takes place in marine waters, where the larvae migrate to the estuarine waters until they reach the juvenile stage and return to the sea water area for the food that induces them to reproduce. In this natural environment, wild shrimp are captured and, then, commercialized.

With the growing global human population, demand for protein and more specifically seafood increases year on year. In this context, aquaculture comes as a sustainable solution to meet that increasing demand while maintaining wild stocks and supporting healthy ocean ecosystems equilibrium.

Q.

Q. Are there antibiotics in my shrimp?

A.

Not all farmed shrimp contains antibiotics. Nowadays, there are alternatives to the use of antibiotics to prevent or treat diseases, such as probiotics and natural products. It is important to notice that diseases occur not only on farmed shrimp, but it happens on wild shrimp as well.

Nevertheless, in some cases, antibiotics may be administered to farmed shrimp to treat diseases that can occur in aquaculture systems. Thus, the use of antibiotics in shrimp farming varies depending on the country, farming practices, and regulations in place. These substances are more likely to be used on intensive production systems, due to the high density of shrimp in ponds that can lead to the occurrence of diseases.

With sustainably certified farms, the use of prophylactic medicines and antibiotics is prohibited and medication may only be used for animal welfare reasons under strict conditions. It is important to encourage consumers to look for eco-certified or sustainably sourced shrimp, which often have stricter guidelines on antibiotic use and prioritize environmentally friendly and socially responsible practices.

There are initiatives in the shrimp industry that stand against the use of antibiotics, such as Sustainable Shrimp Partnership (SSP). SSP certified farms are not allowed to use any antibiotics to guarantee a safe product for human consumption. Throughout each production cycle, SSP conducts unannounced visits to shrimp farms in order to detect, through a laboratory test, the presence of antibiotics.

It is important to learn more about the provenience, the production practices, and sustainability profile of the products to make informed choices.



Q. Can they use growth hormones in shrimp production?



No, growth hormones are not used at all in shrimp farming. The growth of farmed shrimp is primarily achieved through providing favorable environmental conditions, including appropriate water quality, temperature, and nutrition. Shrimp farmers focus on optimizing these factors to support healthy growth and maximize production.



Q. What about this sand vein? Is it a common practice to eat or remove?



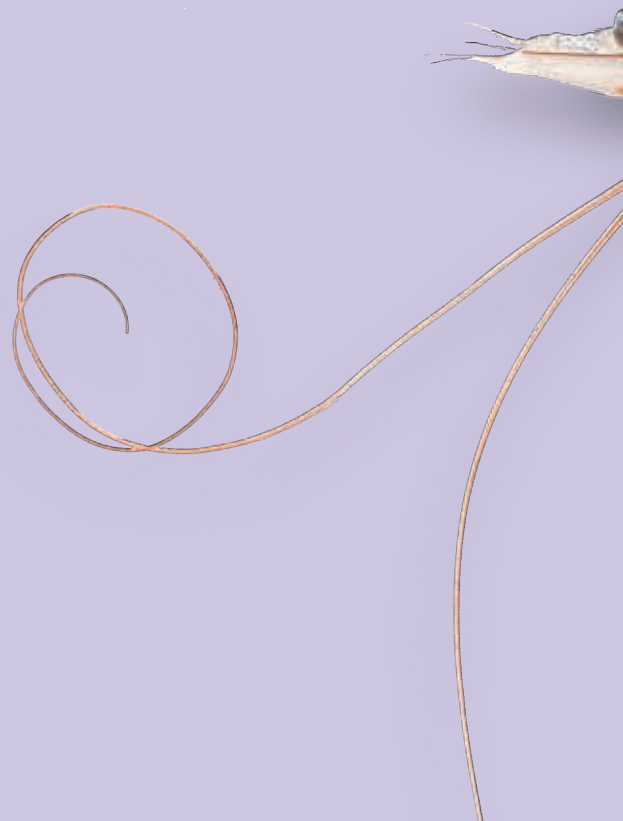
No matter the preparation, most recipes call for shrimp to be peeled and deveined. The majority of the shrimp purchased in the US is deveined, but it's also something you can do at home, if needed. The shrimp vein is actually not a vein at all, but rather part of the digestive tract. The sand vein is edible, but may have a muddy taste or gritty texture, so it's best to remove it before cooking.

Sustainability

It's important to note that sustainable and responsible shrimp farming practices prioritize minimizing environmental impact, ensuring the health and welfare of the shrimp, and maintaining the overall ecological balance of the surrounding environment. Various certifications and standards exist to help consumers identify responsibly farmed shrimp products.

Consumers are more interested than ever in the impact their food choices have on our planet's health. RD's should be more involved in sustainability, so they can meet this increasing awareness. Use these key takeaways when talking to clients about seafood sustainability:

- To have a sustainable supply of seafood for future generations means that seafood needs to be caught or farmed in environmentally and socially responsible methods. Part of that responsibility is a commitment to social justice and the ethical use of all resources.
- Sustainability is a journey and there has been significant progress made with sustainable seafood over the past 20 years. Advances in technology have allowed for best practices in fisheries management, traceability, and improved feed, water quality, catch methods and more.
- Seafood has a lower carbon footprint than any other complete protein and is part of a climate friendly diet. What's more, it's nutritious and delicious. We can support the planet, one bite at a time by choosing seafood.



Let consumers know:

- Grocery stores have sustainable seafood sourcing policies.
- When purchasing seafood, look for visible certifier logos like Sustainable Shrimp Partnership (SSP), Aquaculture Stewardship Council (ASC), Best Aquaculture Practices (BAP), Global G.A.P., and Marine Stewardship Council (MSC).
- Remember, it's not wild versus farmed, it's responsible versus not. Sustainable seafood means that wild caught seafood comes from a well-managed fishery and farmed seafood comes from a farm following responsible practices.



02

SHRIMP NUTRITION

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Client Tips, Nutrient Highlights, and Clinical Significance

Nine out of ten consumers miss the mark on seafood intake recommendations. Registered dietitians are uniquely qualified to help change that by educating clients on why and how to enjoy seafood to support a healthy lifestyle. From breaking down the science into understandable terms to providing tips and tools for clients to take action, RDs have the power to inspire change and boost confidence in the kitchen for better health.

Shrimp is the most popular seafood consumed in the U.S., so it's a great entry point to introduce (or re-introduce) clients to seafood. Shrimp offers an excellent source of lean protein for your clients, which may help displace protein choices higher in saturated fat. It also provides omega-3 fatty acids, essential vitamins and minerals, and phytonutrients. For all these reasons, shrimp has a place in dietary patterns to support heart health, brain health, immune function, and weight management. The bottom line is that shrimp is an accessible way for clients to meet seafood recommendations. This guide will provide information you can share with clients, from helpful tips to an overview of the key nutrients in shrimp and their benefits.







Communicating Serving Sizes to Clients

As health professionals, you understand that a serving of shrimp is four ounces raw (110 g) or three ounces cooked (85 g), but this isn't the most intuitive way for clients to understand serving sizes when they're looking at their plates. Further, it may be helpful to keep things simple and focus on cooked shrimp. You know your clients best and what will resonate with them, whether you share that a serving is 17 medium shrimp, or a serving looks like a heaping half-cup. A half-cup serving of shrimp could also be compared to the size of a deck of cards, a tennis ball, or the palm of your hand.

Key Message for Clients:

You can feel great about enjoying shrimp regularly since top health organizations agree two servings of non-fried seafood each week is good for overall health, heart health, mental health, and eating right for diabetes.

Behind the Message:

Leading health organizations recommend two servings of non-fried seafood each week, including:

- Dietary Guidelines for Americans
- The American Heart Association
- The American Psychiatric Association
- American Diabetes Association
- World Health Organization

Pro Tips for Label Reading With Clients

Nutrition Facts	
1 servings per container	
Serving size	(85g)
Amount Per Serving	
Calories	80
% Daily Value*	
Total Fat 0.5g	1 %
Saturated Fat 0.2g	1 %
Trans Fat 0g	
Polyunsaturated Fat 0.2g	
Monounsaturated Fat 0.1g	
Cholesterol 125mg	42 %
Sodium 135mg	6 %
Total Carbohydrate 0g	0 %
Dietary Fiber 0g	0 %
Total Sugars 0g	
Includes 0g Added Sugars	0%
Sugar Alcohol 0g	
Potrein 18g	36%
Vitamin D 0.085mcg	0%
Calcium 42.22mg	4%
Iron 0.2182mg	2%
Potassium 185mg	4%
Vitamin A 55.2mcg	6%
Vitamin E 1.42mg	10%
Thiamin 0.02mg	2%
Riboflavin 0.02mg	2%
Niacin 1.81mg	10%
Vitamin B6 0.08mg	4%
Folate 15.3mcg	4%
Vitamin B12 1.01mcg	40%
Phosphorus 232mg	20%
Iodine 13mcg	8%
Magnesium 25.93mg	6%
Zinc 1.24mg	10%
Selenium 31.79mcg	60%
Copper 0.25mg	30%
Choline 87mg	16%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

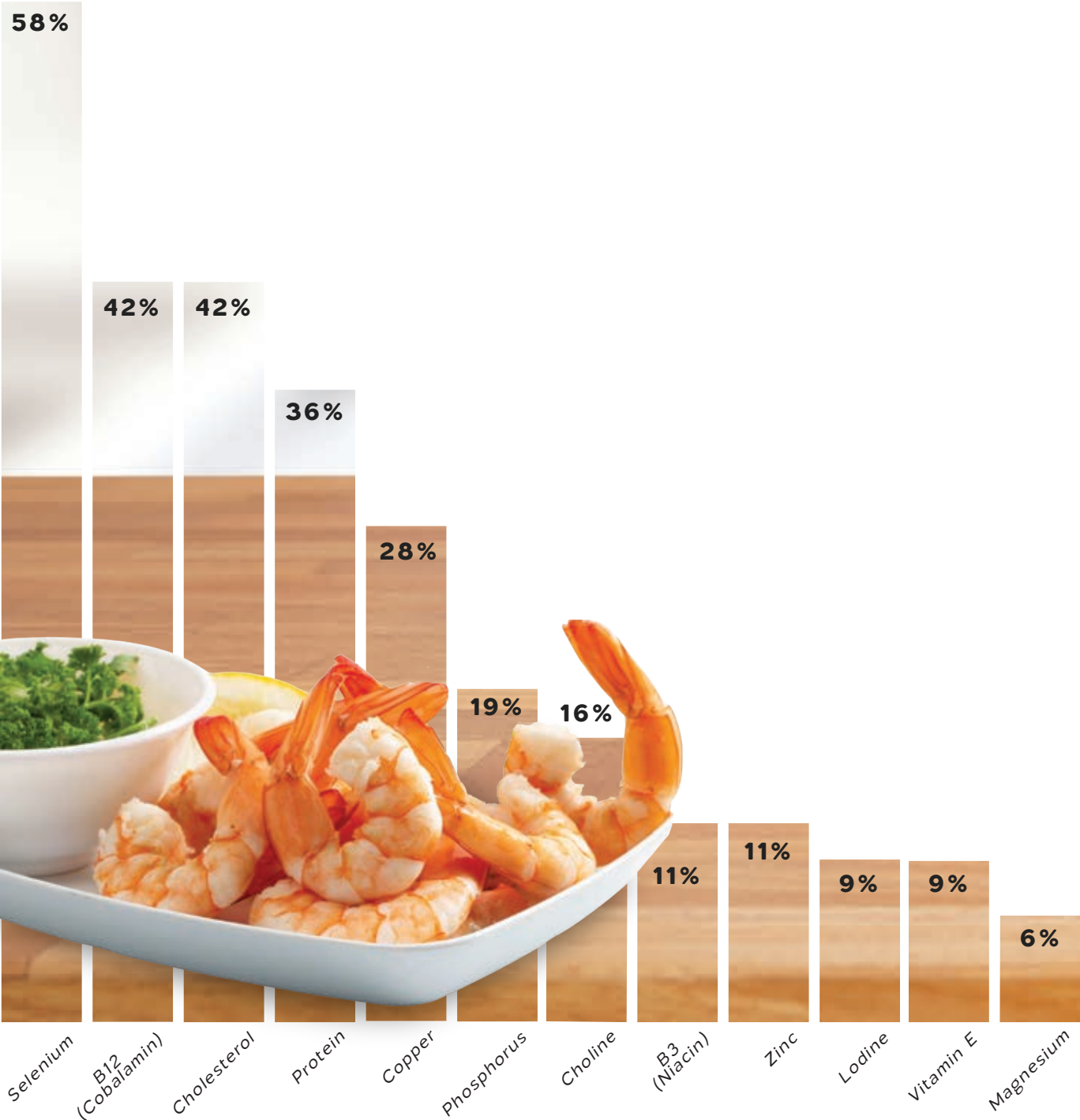
Remind clients the Nutrition Facts Panel is based on how the food is packaged. If it is raw shrimp, the panel is based on a four oz. serving (110 g). If the shrimp is cooked, then it is based on a three oz.serving (85 g).

This is a good opportunity to talk about how the nutrient profile can change with cooking, and encourage healthier cooking methods such as steaming, simmering, or sautéing in olive oil.

Show clients the Daily Value (DV) column on the label and share that the foods providing 10% or more of the DV are considered good sources of a nutrient, but foods providing lower percentages also contribute to a healthful diet. Remind them that natural foods like shrimp offer even more than what can fit on the label.



Key Nutrients in Shrimp



Small in size, but big in nutrition, shrimp has a lot to offer your clients. Let's dive in to take a closer look at the key nutrients in shrimp and how they support heart and brain health, weight management, the immune system, and overall well-being.

Macronutrients

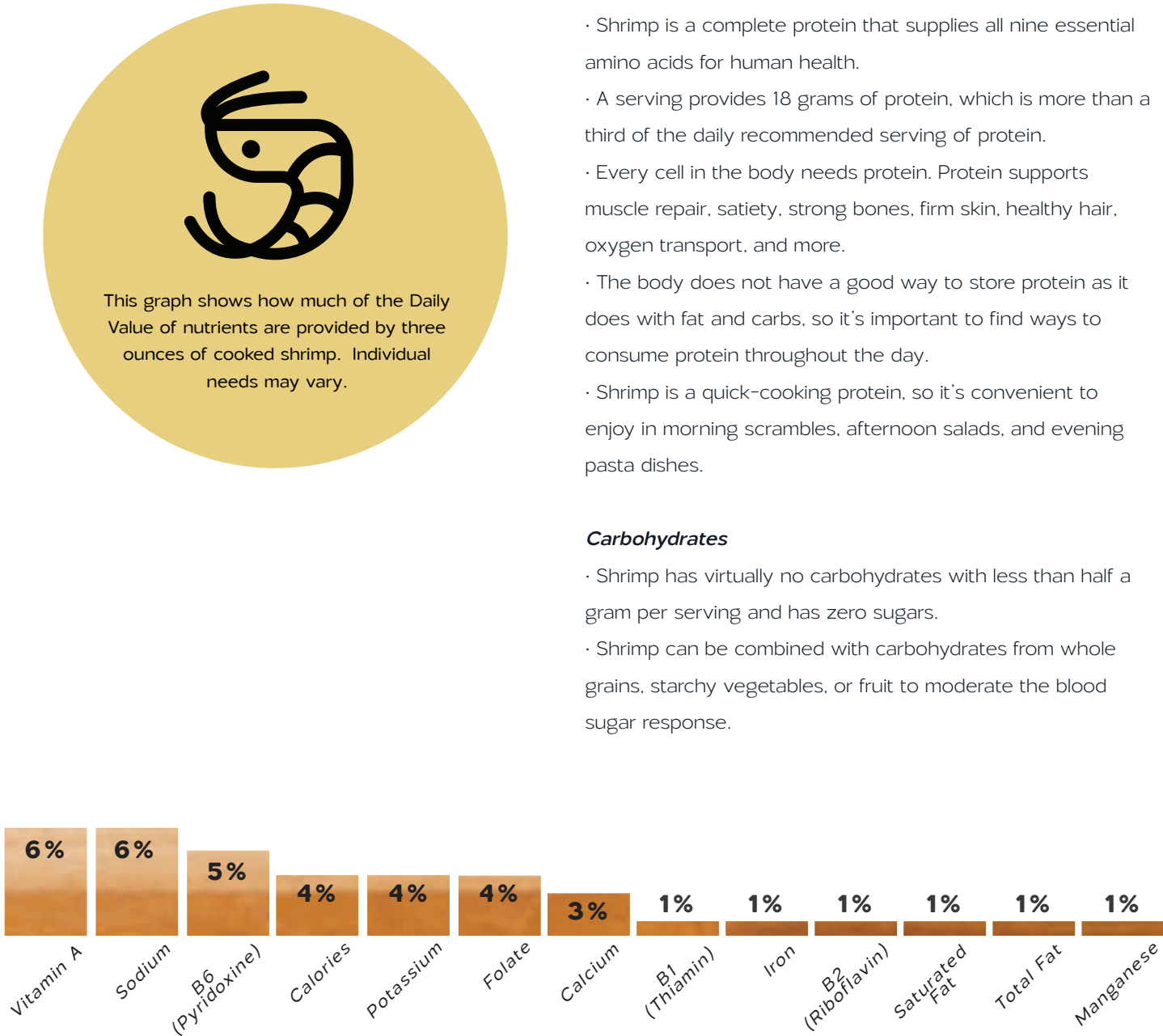
Key highlights to share with clients:

Protein

- Shrimp is a complete protein that supplies all nine essential amino acids for human health.
- A serving provides 18 grams of protein, which is more than a third of the daily recommended serving of protein.
- Every cell in the body needs protein. Protein supports muscle repair, satiety, strong bones, firm skin, healthy hair, oxygen transport, and more.
- The body does not have a good way to store protein as it does with fat and carbs, so it's important to find ways to consume protein throughout the day.
- Shrimp is a quick-cooking protein, so it's convenient to enjoy in morning scrambles, afternoon salads, and evening pasta dishes.

Carbohydrates

- Shrimp has virtually no carbohydrates with less than half a gram per serving and has zero sugars.
- Shrimp can be combined with carbohydrates from whole grains, starchy vegetables, or fruit to moderate the blood sugar response.



Fat

- Shrimp is a low-fat food with about half a gram per serving of total fat, making shrimp a lean protein choice.
- Within the small amount of total fat in shrimp, there is a moderate amount of EPA and DHA omega-3 fatty acids at 240 mg per serving.
- Leading health organizations recommend eating a variety of seafood at least twice a week, with a goal of consuming an average of 250 to 500 milligrams of EPA and DHA omega-3s per day.
- A serving of shrimp provides 96% of the daily omega-3 intake goal.
- Studies show omega-3s can reduce the risk of heart disease, depression, dementia, and arthritis, and improve overall happiness.

What About Cholesterol?

Your clients may be confused about cholesterol and would benefit from your expert guidance. They may have heard they shouldn't eat too much shrimp because it is high in cholesterol, but that is based on outdated science. In the past, the Dietary Guidelines for Americans set a limit on dietary cholesterol, but they removed this limit in 2015. The change was based on updated science showing the lack of clinical significance to cardiovascular risk for limiting dietary cholesterol. Current guidelines from the American Heart Association and American College of Cardiology agree.

Today we know that dietary cholesterol isn't the main driver of blood cholesterol. In fact, saturated and trans fats have a much larger impact. Often foods high in cholesterol are also high in saturated fat, but shrimp is an exception with 0g saturated fat per serving. This is important to communicate to clients as they navigate healthy living so they are not unnecessarily removing foods like shrimp, which contribute lean protein and essential vitamins and minerals to the diet.



Essential Vitamins, Minerals, and Trace Elements

Clients may be surprised to learn shrimp is a significant source of seven nutrients in addition to protein that we must get from foods for normal cell function, growth, and development:

- 1. Selenium [54% DV]:** A trace mineral with antioxidant properties that play a crucial role in the immune system. It's not often on nutrition labels unless it has been added to the food, so it's helpful to let clients know that seafood like shrimp is a naturally strong source of selenium.
- 2. Vitamin B12 [42% DV]:** Also known as cobalamin, B12 helps keep the body's blood and nerve cells healthy and helps make DNA.
- 3. Copper [28% DV]:** A trace mineral the body needs for brain development, making neurotransmitters, and maintaining the nervous and immune systems. It also helps metabolize iron, builds connective tissue, and is part of the body's antioxidant defense system.
- 4. Phosphorus [19% DV]:** – A mineral that is important for bone health, cell growth, and energy production.
- 5. Choline [16% DV]:** Choline is not a true vitamin but is usually categorized along with B vitamins. It converts to the neurotransmitter acetylcholine, which activates pain responses, helps muscles contract, and supports memory and thinking.
- 6. Niacin [11% DV]:** Also known as vitamin B3, niacin helps convert food into energy, and plays an important role in cellular health throughout the body.
- 7. Zinc [11% DV]:** A mineral that plays a vital role in immune function, wound healing, protein, and DNA synthesis.

Shrimp is a moderately strong source of two other important nutrients:

1. Iodine [9% DV]: A mineral the body needs to make thyroid hormones that manage metabolism. Infants and pregnant women need iodine for proper bone and brain development of the infant.

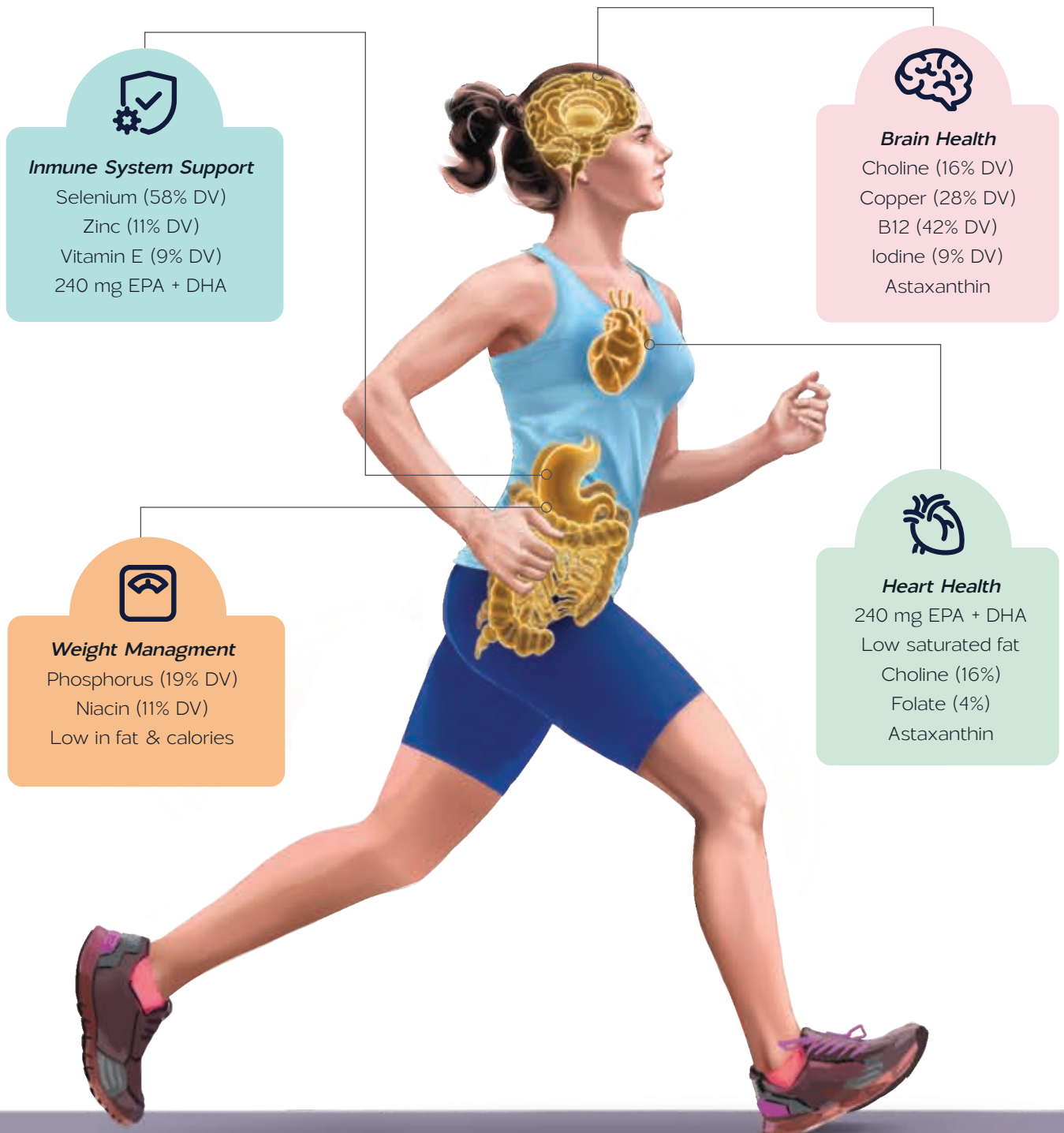
2. Vitamin E [9% DV]: One of the body's main antioxidants to protect cells against free radical damage that occurs as a normal part of metabolism, or from air pollution, sun exposure, or cigarette smoke.

Shrimp can help meet intake goals for all of these important essential nutrients. Shrimp also provides smaller amounts of other essential nutrients, which contributes to the overall nutrient package it has to offer.



Shrimp Health Benefits

Once clients understand the good nutrition shrimp has to offer, they won't be surprised to learn that incorporating shrimp into their diet can benefit the heart, brain, immune system, and waistline.





Heart Health

The **EPA and DHA omega-3s** in shrimp are the types of omega-3s that thousands of human studies have shown to support heart health.

They help maintain healthy blood pressure and triglyceride levels and may reduce the risk of coronary heart disease by 14% in those with high LDL cholesterol, and by 16% in those with high triglycerides according to a recent study. While shrimp offers less of these omega-3s than fatty fish like salmon and sardines, shrimp still contributes some omega-3s as part of protein that is very low in saturated fat. Encourage clients to try a variety of seafood to meet their omega-3 needs.

The choline (16% DV) and **folate (4% DV)** in shrimp work together to lower levels of homocysteine, a risk factor for cardiovascular disease.



Immune System Support

Shrimp is a powerhouse source of selenium (58% DV) and a good source of zinc (11% DV), two minerals that play a crucial role in innate (the body's first line of defense) and adaptive (the stronger system that can reach quickly to a virus it has encountered before) immune systems by supporting T-cells and natural killer cells. Selenium's antioxidant activity further helps reduce systemic inflammation, and zinc keeps respiratory tissues strong, and has antiviral and anti-inflammatory properties. Clinical trials show zinc may reduce the length, but not severity of the common cold. Shrimp also offers vitamin E (9% DV), an antioxidant that enhances the production of antibodies and dampens the production of inflammatory cytokines.



Brain Health

Heart health and brain health are related, and so the **omega-3s** in shrimp (240 mg) that are good for the heart may also help overall brain health.

Heart health and brain health are related, and so the **omega-3s** in shrimp (240 mg) that are good for the heart may also help overall brain health. Omega-3s help build brain cells and make up a large portion of the fat in the brain. Neurons work at their best when the diet has enough DHA in it. Research shows healthy dietary patterns that include seafood are linked to better brain health, inclusive of cognitive and mental health. The best-studied diets for brain health are the Mediterranean diet and the Mediterranean-DASH Intervention for Neurodegenerative Delay (MIND) diet. The MIND diet is founded on two heart-healthy dietary patterns, but is optimized for brain health based on the evidence for the best foods for brain health. Research suggests these two dietary patterns keep the brain younger, slow cognitive aging, and reduce the risk of Alzheimer's disease. Seafood is a regular part of both.

Shrimp is also a good source of **choline (16% DV)**, which is required to make the memory and mood-supporting neurotransmitter acetylcholine.

Getting adequate **iodine** and **copper** during pregnancy is essential for normal brain development. Shrimp is a low-mercury food source of both iodine and copper that pregnant women can count on.

B12 is required for myelination, the white fatty protective sheath around nerve bundles that allows information to pass efficiently between cells. A serving of shrimp is rich in **B12 (42% DV)**.

Shrimp is the main source of the powerful **carotenoid antioxidant astaxanthin** among crustaceans. It's what gives shrimp its reddish-pink-orange hue when cooked.

Astaxanthin is a more potent antioxidant than vitamin C and is 500 times stronger than vitamin E. This antioxidant has been shown to block oxidative stress, inflammation, and apoptosis that may lead to neurodegeneration and cardiovascular disease. . Astaxanthin is fat-soluble and concentrated in the shell of the shrimp. These are reasons to encourage clients to sauté shell-on shrimp in oil or to use the shells in seafood broth.

Should Clients be Worried about Mercury in Shrimp?

Clients will be happy to learn that they do not need to worry about shrimp and mercury. In fact, shrimp is on FDA's list of "Best Choices" of seafood for pregnant women and young children to enjoy.



Weight Management

Research suggests that healthy balanced eating patterns that are higher in seafood are associated with a greater likelihood of being at a healthy weight. It is also associated with having stronger bones, which is important for supporting an active lifestyle. Shrimp is rich in **phosphorus (19%)**, a mineral concentrated in the bones and teeth that is also involved in energy production.

In addition, shrimp is **high in filling protein** but low in fat and calories. It's helpful to remember that saturated fat and calories can easily double if frying, breading, or cooking with butter. Encourage clients to explore recipes that call for poaching, grilling, baking, or steaming shrimp.



What About Shellfish Allergies?

The experts at Food Allergy Research & Education (FARE) estimate that about two percent of the U.S. population has a shellfish allergy. That the vast majority of clients (98%) should be able to enjoy the benefits of eating shrimp.

For those who are allergic to shellfish, it's important to know shrimp is part of the shellfish category, and the treatment is avoidance. It is usually a lifelong condition that can trigger mild to severe symptoms. Clients who are allergic to one type of shellfish are usually allergic to others, but if clients are allergic to one that's not shrimp and they want to enjoy shrimp, it is appropriate to refer them to an allergist to provide the best guidance.

03

PREPARATION AND COOKING TECHNIQUES

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Selecting and Preparing Shrimp

Quality is important when it comes to choosing shrimp, but what exactly does that mean? Quality seafood should have a mild, oceanic smell. Seafood should be firm to the touch, and the flesh should bounce back when lightly pressed. Avoid seafood that feels mushy or slimy.

Purchase seafood from reputable sources, such as trusted fish markets, fishmongers, or grocery stores known for their fresh seafood. Inquire about the origin and ask for information about the catch or harvest date, if possible. Don't hesitate to ask the seller or fishmonger questions about the seafood they are offering. They should be knowledgeable about the product and able to provide information about its quality, freshness, and provenance.

If buying pre-packaged seafood, check the packaging for signs of damage, leaks, or excessive frost (for frozen seafood). Ensure that the product is within its expiration date and has been stored at the proper temperature.





Shrimp Sizes

When preparing recipes, consider shrimp size. Smaller and medium shrimp may be a good option for toasts, dips, cocktails or ceviche. Larger shrimp should be used in paellas, barbeques, garlic shrimp, and more.

Shrimp sizes are indicated in numbers per unit of weight. For Head-on Shell-on (HOSO) shrimp, the weight unit is in kilograms. For example, a HOSO shrimp size 20/30 indicates that the package contains 20 to 30 animals per kilogram.

In the case of a Head-less Shell-on (HLSO) or added value shrimp, the weight unit is in pounds. For example, a HLSO shrimp size 16/20 means that there are between 16 to 20 shrimps per pound.

When you see a “U” in the count, it means that there are “under” that number of shrimps in a pound. The slash between numbers denotes a range of shrimp in a pound. For example, U/15 shrimp contain fewer than 15 shrimp per pound.

Packaging can claim “Large” or “Jumbo,” but it’s more important to pay attention to the number count than the sizing term. The seafood industry doesn’t standardize these terms, so while one brand might call 16/20’s “Extra Jumbo,” another might call them “Colossal.” Relying on the shrimp count instead lets you know exactly how many shrimp you’re getting when planning a recipe. Remember, as the numbers get smaller, the shrimp get bigger.



Tiny

61-70

7g per shrimp



Small

51 - 60

8.4g per shrimp



Medium

41 - 50

10.4g per shrimp



Large

31-40

15g per shrimp



Extra Large

26 - 30

16.4g per shrimp



Jumbo

21 - 25

19.7g per shrimp



Extra Jumbo

16 - 20

25.8g per shrimp



Colossal

15 or Less

30g per shrimp

Preparing raw shrimp

Cleaning, Peeling & Deveining

Raw v. Pre-cooked

You should plan on eating fresh shrimp the same day it's purchased or the next. Seafood should be consumed within one to two days when it's fresh or thawed. If you're eating it right away, prepared seafood is a quick and easy option, as well. If you plan to save your shrimp for a later date, frozen is the way to go. Frozen shrimp is just as good for you and is flash-frozen within hours of harvest, preserving peak flavor and texture until you are ready to cook.

Those Shells!

Purchasing shell-on shrimp requires peeling at home. Handling the shrimp allows the use of shrimp shells, which are a source of great flavor in seafood stocks for bisque, stew, and risotto.

To peel shrimp, hold each unpeeled shrimp by the tail and pull off the legs with your forefinger and thumb. Then unwrap and remove the thin shrimp shell leaving the tail intact.



To devein shrimp, hold the shrimp flat against a cutting board, use a paring knife to cut along the back, following the curve of the shrimp from the tail-end to the head-end. Only cut about 1/4-inch deep, cutting through the shell if it's still attached, to reveal the dark line, or vein. Repeat the process with the remaining shrimp, wiping the knife clean in between each shrimp running along the length of the shrimp. Use the tip of the knife to separate and remove the vein.



Tail-on or tail-off?

Clients often wonder if, when purchasing shrimp, they should buy tail-on or tail-off. Leaving the shrimp tail on or off is a matter of personal preference, but here are a couple of things to keep in mind.

When the tail is left on, the shrimp is easier to pick up. When serving shrimp as finger food leave the tail on—it's like a built-in handle! This is ideal for things like coconut shrimp or peel and eat shrimp. The tail also gives shrimp a dramatic look, so if looks are important to the dish the tail may be left on. Keep in mind, tail-on requires the diner to then cut or pull it off so this isn't ideal when it comes to soups, creamy or saucy dishes.



Full usage

To get the full usage out of shrimp, use those discards! Shrimp shells, tails, and even the heads are packed with delicious, briny flavor. Save them and make a quick stock to use in seafood sauces, soups, and stews. It just takes a few minutes of stove time to extract all the flavors.



Explore pages 111 and 112
for a tasty shrimp stock
recipe worth trying.



Shrimp Quality

Discover the quality of your shrimp in 180 seconds.

By putting your shrimp in boiling water for just 180 seconds you will discover if it is a premium quality one, pay attention on the following characteristics to become an expert on shrimp:

Texture

Once you have boiled a premium quality shrimp, you will realize that it is firm, juicy, with a uniform texture and defined shape.

If it is dried, deformed and taffy, it is most probable it is not the best quality.

Taste

A premium shrimp has a sweet-salty flavor, and it is tasty with no condiments needed.

Color

You can differentiate the quality of your shrimp by analyzing the color once it is cooked. When you have a premium quality product that has not been treated you will see the tones on it are uniform, very strong and bright, both orange and white.

Unlike, when you have a lower quality product, it has a whiteish and pale tone.

Size

When cooked, a premium shrimp doesn't shrink at all, it maintains the same size as when it was raw.



Raw



60 seconds



90 seconds



120 seconds



180 seconds



150 seconds

Cooking methods

Cooking shrimp gives fun and delicious flavor profiles. Shrimp is a versatile seafood option that can be prepared in various ways, such as boiling, grilling, sautéing, frying, and baking.

Here are some common methods and tips for cooking shrimp:

■ **Poaching:** When it comes to poaching shrimp, getting the cooking just right is especially crucial—most poached shrimp are served chilled and minimally dressed.





■ **Grilling**

Grilling shrimp can be a challenge when working with fast-cooking proteins like shrimp. Try grilling your shrimp nested on skewers or in a grilling basket for best results. Avoid overcooking the shrimp as it will quickly dry out.

Stir-Frying

Stir-frying is a cooking technique in which ingredients are fried in a small amount of very hot oil while being stirred constantly. This is a common method of Chinese cooking. Stir-fry the shrimp until it is cooked, then add the rice and egg mixture. For stovetop preparations, it's important to stop cooking when shrimp has lost its translucency and has developed that hallmark pink hue.





Frying

This is a cooking method based on immersing the product in oil or fat at a high temperature, whether or not it is coated with other elements. One of its most remarkable characteristics is its texture that prevents the loss of juices, but it is short-lived as the moisture of the food softens it, and its effect is quickly lost.

Broiling

Broiling means to cook food using the direct, dry heat from your oven broiler. Broiling gives shrimp that is perfectly crispy on the outside and juicy on the inside. It's important to keep in mind that the broiler can get hot fast. Keep a close eye on shrimp so it does not overcook.





 Steaming

Steaming is a method of cooking that requires moist heat. The heat is created by boiling water which vaporizes into steam. The steam brings heat to the food and cooks it. Steam shrimp until they turn bright pink. It typically takes about 4 to 6 minutes for 1 to 2 pounds of shrimp. Immediately remove the steamer from the pot. The shrimp should have changed color and be firm to the touch but still give a little.

**How to know when shrimp is cooked?**

When cooking shrimp, it will turn pink and become firm. Shrimp typically takes 3–5 minutes to cook, now that's a fast and easy meal!

There are many ways to cook and enjoy shrimp!

Check out pages 85 to 112 for fun, creative and tasty shrimp recipes to recommend to clients or to try in your kitchen.

04

RECIPES

- | | | | |
|----|---------------------------|-----|---------------------------------|
| 85 | Shrimp and Scrambled Eggs | 99 | Shrimp Summer Rolls |
| 87 | Morning Shrimp Tacos | 101 | Easy Shrimp and Veggies Skewers |
| 89 | Bloody Mary Ceviche | 103 | Sesame Shrimp Stir-Fry |
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Cook Time: 10 minutes

Prep Time: 5 minutes

Servings: 4 people

Main Ingredients: Shrimp & Eggs

Shrimp and Scrambled Eggs

Ingredients:

- 12 oz raw shrimp, peeled and deveined
- 8 eggs
- 3 tablespoons olive oil
- 2 tablespoons soy sauce
- 1 tablespoon sesame oil
- ½ cup chopped scallions
- Salt and freshly ground black pepper
- Optional garnish: Chopped fresh cilantro leaves

Directions:

- 1** For this recipe, it's ideal to use small-sized shrimp. However, if you happen to have larger ones on hand, go ahead and slice them into bite-sized pieces. Begin by sprinkling the shrimp with a touch of salt and pepper.
- 2** In a large pan, heat oil or butter over medium heat. Add shrimp and cook until they turn somewhat pink or orange, stirring as needed. In a separate bowl, beat eggs and mix in soy sauce and sesame oil for added flavor.
- 3** Heat the skillet to medium-high, then add the eggs and scallions. Gently fold the eggs over with a spatula, ensuring to break up any curds that form. If the mixture starts to clump, briefly remove it from heat, stir, and then continue cooking.
- 4** Once the eggs reach a creamy texture, adjust the seasoning according to your preference, add any desired garnishes, and serve right away.

Nutrition Facts	
Amount Per Serving	
Calories	310
	% Daily Value*
Total Fat 20g	26 %
Saturated Fat 9g	45 %
Trans Fat 0g	0 %
Cholesterol 530mg	177 %
Sodium 530mg	23 %
Total Carbohydrate 2g	1 %
Dietary Fiber 0g	0 %
Total Sugars <1g	
Includes 0g Added Sugars	0%
Protein 31g	
Vitamin D 2.1 mcg	10%
Calcium 120 mg	10%
Iron 2.5 mg	15%
Potassium 430mg	10%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Ingredients: Egg, crustaceans, shrimp, raw (Not previously frozen), scallions, butter (cream, natural flavor), soy sauce (water, wheat, soybeans, salt, <0.1% of sodium benzoate (preservative)), cilantro, sesame oil.

Contains: Egg, Sesame.



Cook Time: 15 minutes

Prep Time: 10 minutes

Servings: 4 people

Main Ingredients: Shrimp & Tortillas

Morning Shrimp Tacos

Ingredients:

- 12 shrimp
- 8 corn tortillas
- $\frac{1}{2}$ avocado, cubed
- 4 eggs
- 4 slices of cheese
- $\frac{1}{2}$ cup sliced baby tomatoes or salsa
- $\frac{1}{2}$ teaspoon olive oil
- Garlic powder, salt, and pepper to taste

Directions:

- 1 Begin by warming a nonstick skillet over medium heat. Toast 4 tortillas until they achieve a golden brown color. Fold each tortilla into a taco shape, placing a slice of cheese inside. Consider doubling up the tortillas for added thickness.
- 2 Allow the skillet to cool briefly, then introduce olive oil. Sauté the shrimp, previously seasoned with garlic powder, salt, and pepper, for 5–6 minutes until they become orange and pink. Remove the shrimp from the pan and set them aside.
- 3 If needed, add a bit more olive oil to the pan and proceed to cook scrambled eggs until they reach your desired consistency.
- 4 Divide the scrambled eggs evenly among the prepared tortillas. Top each taco with shrimp, tomatoes, and avocado. Serve promptly.

Nutrition Facts

Amount Per Serving

Calories

350

% Daily Value*

Total Fat 18g	23 %
Saturated Fat 8g	40 %
Trans Fat 0g	0 %
Cholesterol 260mg	87 %
Sodium 530mg	23 %
Total Carbohydrate 27g	10 %
Dietary Fiber 5g	18 %
Total Sugars 2g	
Includes 0g Added Sugars	0%
Potrein 23g	
Vitamin D 2.1 mcg	0%
Calcium 120 mg	20%
Iron 2.5 mg	10%
Potassium 430mg	8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: eEgg, tortilla (corn masa flour, water, cellulose gum, propionic acid (to preserve freshness), benzoic acid (to preserve freshness), phosphoric acid (preservative), guar gum, amylase), salsa (crushed tomatoes (water, crushed concentrate), jalepeno peppers, diced tomatoes in tomato juice, onions, distilled vinegar, salt, dehydrated natural flavoring, garlic extract), cheese, colby, crustaceans, shrimp, cooked (not previously frozen), avocados, olive oil, garlic powder

Contains: egg



Cook Time: 3-4 hours

Prep Time: 10 minutes

Servings: 8 people

Main Ingredients: Shrimp & Tomatoes

Bloody Mary Ceviche

Ingredients:

- 1 pound cooked, peeled, and deveined shrimp
- 1 pound tomatoes, chopped
- $\frac{1}{2}$ red onion, chopped
- 1 cucumber, chopped
- 1 bunch cilantro, chopped
- $\frac{3}{4}$ cup bottled Bloody Mary mix
- 2 limes
- Hot pepper sauce to taste
- Salt and black pepper to taste

Directions:

- 1 Gently combine small-sized shrimp, tomatoes, red onion, cucumber, and cilantro in a bowl. Pour in the Bloody Mary mix to enhance the flavors. Squeeze fresh limes over the mixture for a zesty kick, add a dash of hot pepper sauce, and sprinkle with salt and pepper.
- 2 Toss the ingredients once more to ensure an even distribution of flavors. Cover the bowl and refrigerate for 3 to 4 hours, stirring occasionally to allow the ingredients to marinate and meld together. Serve chilled for a refreshing dish.

Nutrition Facts	
Amount Per Serving	
Calories	74
	% Daily Value*
Total Fat 1g	1 %
Saturated Fat 0g	1 %
Cholesterol 86mg	29 %
Sodium 219mg	10 %
Total Carbohydrate 7g	3 %
Dietary Fiber 2g	6 %
Total Sugars 3g	
Potein 11g	0%
Vitamin C 16 mcg	82%
Calcium 40 mg	3%
Iron 2 mg	11%
Potassium 330mg	7%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

** Nutrient information is not available for all ingredients. Amount is based on available nutrient data.

(-) Information is not currently available for this nutrient. If you are following a medically restrictive diet, please consult your doctor or registered dietitian before preparing this recipe for personal consumption.

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Cook Time: 15 minutes

Prep Time: 10 minutes

Servings: 4 people

Main Ingredients: Shrimp & Grain Bread

Shrimp Avocado Toast

Ingredients:

- 4 lemons, cut in half
- 1/2 Lb shrimp
- 4 slices Grain Bread
- 1 large avocado, mashed
- 1/2 red onion, thinly sliced
- 1/4 Tsp salt
- 1 Tbsp olive oil

Directions:

- 1 Squeeze the juice of 2 lemons into a bowl. Add the shrimp and let them marinate for 15 minutes.
- 2 Warm olive oil in a pan over medium heat. Cook the marinated shrimp for 3 minutes until they turn pink and orange. Remove from heat and set aside.
- 3 Toast the slices of grain bread until they're golden and crisp. In a separate bowl, mash the avocado and mix in the juice of 1 lemon to prevent browning. Add a pinch of salt and stir to combine.
- 4 Evenly spread mashed avocado onto each toasted bread slice, top with cooked shrimp, and scatter sliced red onion. Squeeze lemon juice over the assembly and add a pinch of salt for seasoning.

Nutrition Facts	
Amount Per Serving	
Calories	270
	% Daily Value*
Total Fat 11g	14 %
Saturated Fat 1.5g	8 %
Trans Fat 0g	0 %
Cholesterol 185mg	62 %
Sodium 380mg	17 %
Total Carbohydrate 20g	7 %
Dietary Fiber 5g	18 %
Total Sugars 4g	
Includes 0g Added Sugars	0%
Potrein 27g	
Vitamin D 0mcg	0%
Calcium 110mg	8%
Iron 1.5mg	8%
Potassium 540mg	10%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Ingredients: Crustaceans, shrimp raw (not previously frozen), lemon juice, avocados, bread, multi-grain (includes whole-grain), onion, olive oil, salt.



Cook Time: 5 minutes

Prep Time: 10 minutes

Servings: 4 people

Main Ingredients: Shrimp & Lettuce

Shrimp Lettuce Wraps

Ingredients:

- 1 pound medium peeled, deveined raw shrimp
- 2 tablespoons canola oil
- 2 tablespoons rice vinegar
- 1 teaspoon garlic clove, grated
- 1 teaspoon fresh ginger, peeled and grated
- 1 tablespoon soy sauce
- $\frac{1}{2}$ teaspoon soy sauce
- $\frac{1}{2}$ cup thinly sliced radishes
- $\frac{1}{2}$ cup thinly sliced carrots
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon granulated sugar
- $\frac{1}{3}$ cup mayonnaise
- 1 tablespoon finely chopped fresh cilantro
- leaves, plus leaves for garnish
- 2 teaspoons grated lime zest plus 1 teaspoon
- fresh juice (from 1 lime)
- 16 large lettuce leaves

Directions:

- 1** Get the grill ready by preheating it to medium-high (400°F to 450°F).
- 2** Combine shrimp, oil, vinegar, garlic, ginger, and 1 tablespoon of soy sauce in a medium bowl, stirring until well combined. In a small bowl, toss together radishes, carrots, salt, and sugar until combined; set aside. Create the sauce by stirring together mayonnaise, cilantro, lime zest, lime juice, and the remaining 1/2 teaspoon soy sauce in another small bowl; set aside.
- 3** Place the shrimp on oiled grates. Grill, uncovered, for about 2 minutes per side or until they acquire a light char and are thoroughly cooked. Transfer the grilled shrimp to a plate and allow them to rest.
- 4** To create each wrap, pair up 2 lettuce leaves. Spread a generous half-tablespoon of the mayonnaise mixture onto the top lettuce leaf. Layer it with a portion of the shrimp and a portion of the vegetable mixture, then garnish with cilantro. Serve.

Nutrition Facts	
Amount Per Serving	
Calories	270
	% Daily Value*
Total Fat 17g	22 %
Saturated Fat 2g	10 %
Trans Fat 0g	0 %
Cholesterol 190mg	63 %
Sodium 750mg	33 %
Total Carbohydrate 9g	3 %
Dietary Fiber 2g	7 %
Total Sugars 4g	
Includes 0g Added Sugars	0%
Potrein 25g	
Vitamin D 0mcg	0%
Calcium 120mg	8%
Iron 1.8mg	10%
Potassium 650mg	15%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Ingredients: Crustaceans, shrimp, raw (not previously frozen), butter lettuce, salad dressing, kraft mayo light mayonnaise, carrots, matchstick, radishes, rice vinegar (water, rice), canola oil, soy sauce, reduced sodium, made from hydrolyzed vegetable protein, lime zest, garlic, kosher salt, cilantro, sugar, ground ginger.



Cook Time: 10 minutes

Prep Time: 15 minutes

Servings: 4 people

Main Ingredients: Shrimp & Eggs

Shrimp Cobb Salad

Ingredients:

- 12 oz cooked large shrimp, peeled and deveined
- 4 thick-cut bacon slices
- 14 oz romaine lettuce, chopped
- 2 hard-cooked eggs, peeled and cut into wedges
- 1 cup halved cherry tomatoes
- 1/2 cup chopped red onion
- 1 avocado, chopped
- 1 cup blue cheese, crumbled
- 1 garlic clove, crushed
- 1/2 teaspoon kosher salt
- 1/2 teaspoon black pepper
- 1/4 teaspoon granulated sugar
- 3 tablespoons olive oil
- 2 tablespoons red wine vinegar

Directions:

- 1 Cook the bacon in a skillet on medium heat, turning occasionally until it's crisp, which usually takes about 10 minutes. Once done, transfer the bacon to a plate lined with paper towels, and keep the drippings in the skillet. Allow the drippings to cool slightly by pouring them into a small bowl.
- 2 Set aside 1 slice of bacon and roughly chop the remaining 3 slices. Place the chopped bacon on a large platter along with the lettuce, eggs, shrimp, tomatoes, onion, avocado, and cheese.
- 3 Crumble the reserved bacon slice into a food processor. Add garlic, salt, pepper, and sugar; pulse the mixture until finely chopped, approximately five times. Include the reserved drippings, olive oil, and vinegar in the food processor; process until everything is well-blended.
- 4 Drizzle the resulting mixture over the salad and serve promptly.

Nutrition Facts	
Amount Per Serving	
Calories	500
	% Daily Value*
Total Fat 35g	45 %
Saturated Fat 11g	55 %
Trans Fat 0g	0 %
Cholesterol 310mg	103 %
Sodium 1770mg	77 %
Total Carbohydrate 14g	5 %
Dietary Fiber 6g	21 %
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 37g	
Vitamin D 0.8mcg	4%
Calcium 300mg	25%
Iron 2.5mg	15%
Potassium 830mg	20%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Ingredients: Romaine, shrimp, avocados, blue cheese (blue cheese (pasteurized milk, cheese cultures, salt, enzymes), powdered cellulose to prevent caking, natamycin to protect flavor), egg, tomatoes, onion, bacon (cured with: water, salt, sugar, sodium phosphates, flavoring, sodium erythorbate, sodium nitrite, olive oil, red wine vinegar, garlic, kosher salt, black pepper, sugar.



Cook Time: 10 minutes

Prep Time: 25 minutes

Servings: 4 people

Main Ingredients: Shrimp & Buns

Shrimp Burgers

Ingredients:

- 1½ pounds peeled shrimp, deveined
- 1 large clove garlic, peeled
- 1 dried or fresh chili, stemmed, seeded, and deveined
- 1 1-inch piece ginger, peeled and roughly chopped
- ¼ cup roughly chopped red onion
- ¼ cup roughly chopped red or yellow bell pepper
- Salt and pepper to taste
- ½ cup cilantro leaves
- Olive oil
- Toasted buns
- Dressings: Lime wedges or ketchup

Directions:

- 1 Preheat your gas grill or ignite charcoal until it reaches the ideal temperature, achieving a moderately hot fire. Position the rack approximately 4 inches away from the heat source.
- 2 In a food processor, blend together garlic, chili, ginger, and one-third of the shrimp until smooth. Pause to scrape down the sides. Add the rest of the shrimp, onion, bell pepper, salt, pepper, and cilantro. Pulse until the shrimp is chopped, but not too finely. Form the mixture into 4 patties and refrigerate for 15 to 20 minutes.
- 3 Brush a small amount of oil onto the patties and position them on the grill rack. Allow them to cook undisturbed for approximately 5 minutes until a dark crust develops on the bottom and they easily release with a spatula. Flip the patties and cook for an additional 3 to 4 minutes on the opposite side.
- 4 Serve on buns or as desired, tomatoes, lettuce or\and lime juice.

Nutrition Facts	
Amount Per Serving	
Calories	240
	% Daily Value*
Total Fat 5g	6 %
Saturated Fat 0g	0 %
Trans Fat 0g	0 %
Cholesterol 275mg	92 %
Sodium 570mg	25 %
Total Carbohydrate 14g	5 %
Dietary Fiber 1g	4 %
Total Sugars 3g	
Includes 1g Added Sugars	2%
Potrein 36g	
Vitamin D 0mcg	0%
Calcium 130mg	10%
Iron 1.8mg	10%
Potassium 570mg	10%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Ingredients: Crustaceans, shrimp, raw (not previously frozen), limes, bread, hamburger sesame bun (4.5"), chili pepper, onion, ginger, red peppers, canola oil, cilantro, garlic, salt, black pepper.



Cook Time: 5 minutes

Prep Time: 15 minutes

Servings: 4 people

Main Ingredients: Shrimp & Rice Paper

Shrimp Summer Rolls

Ingredients:

- 4 oz cooked shrimp
- 8 six-inch round rice wrappers
- 1 avocado sliced
- 2 tsp. lemon juice
- 1 persian cucumber, julienned
- 1 carrot, julienned

Optional dipping sauces: Blend all ingredients together.

Spicy Red Sauce:

- 6 grape tomatoes
- 1 Tbsp. fish sauce
- 1 Tbsp. water
- 1/2 tsp. cayenne
- For garnish: 1/2 tsp. black sesame seeds and scallions

Peanut Dip:

- 4 1/2 Tbsp. smooth creamy peanut butter
- 1 Tbsp. pure maple syrup
- 1/8 tsp. minced ginger
- 1 tsp. minced jarred garlic
- 2 Tbsp. hoisin sauce
- 2 Tbsp. hot water
- 1 tsp. low sodium soy sauce

Directions:

- 1

Wrapping the summer rolls: Dip the rice wrappers into water so that they become moist and soft – just a few seconds.
- 2

Lay on a cutting board. Distribute the ingredients among 8 wrappers. To wrap, fold in the side closest to you, then the left and right sides, and then roll up.

Nutrition Facts	
Amount Per Serving	
Calories	190
	% Daily Value*
Total Fat 5g	6 %
Saturated Fat 1g	5 %
Trans Fat 0g	0 %
Cholesterol 105mg	35 %
Sodium 160mg	7 %
Total Carbohydrate 20g	7 %
Dietary Fiber 4g	14 %
Total Sugars 2g	
Includes 1g Added Sugars	2%
Potrein 15g	
Vitamin D 0mcg	0%
Calcium 4mg	4%
Iron 1.8mg	6%
Potassium 570mg	8%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Ingredients: Crustaceans, shrimp, cooked (not previously frozen), avocados, carrots, brown rice spring roll wrappers, cucumber, lemon juice.



Cook Time: 9 minutes

Prep Time: 15 minutes

Servings: 4 people

Main Ingredients: Shrimp & zucchini

Easy Shrimp and Veggies Skewers

Ingredients:

- 12 oz. cooked shrimp, peeled, deveined, with tail on
- 10 skewer sticks
- 2 medium zucchini, cut into large chunks
- 2 medium bell peppers (any color), cut into large chunks
- 2 red onions, cut into large chunks
- 1 cup cherry tomatoes
- Olive oil
- Sea salt
- 1 lemon, juiced

Directions:

- 1** Soak skewer sticks in a bowl of cold water for at least 10 minutes (this will prevent them from burning while on the grill). Preheat the grill to medium high.
- 2** Build skewers by alternating veggies and shrimp, pushing ingredients closely together on each skewer. Brush each with olive oil and sprinkle with sea salt.
- 3** Lay skewers down on grill grates and cook about 3 minutes each side (for a total of about 9 minutes), until veggies and shrimp have good sear marks on them, but are not overcooked. Remove and place on a large platter.
- 4** Squeeze a fresh lemon over the plateful of skewers. Serve!

Nutrition Facts	
Amount Per Serving	
Calories	140
	% Daily Value*
Total Fat 1g	1 %
Saturated Fat 0g	0 %
Trans Fat 0g	0 %
Cholesterol 115mg	38 %
Sodium 550mg	24 %
Total Carbohydrate 16g	6 %
Dietary Fiber 3g	11 %
Total Sugars 8g	
Includes 0g Added Sugars	0%
Potein 17g	
Vitamin D 0mcg	0%
Calcium 4mg	6%
Iron 1.8mg	6%
Potassium 570mg	6%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Ingredients: Onion, zucchini, shrimp cooked, red peppers, tomatoes, lemon juice, salt, olive oil.



Cook Time: 12 minutes

Prep Time: 10 minutes

Servings: 4 people

Main Ingredients: Shrimp & Carrots

Sesame Shrimp Stir-Fry

Ingredients:

- 16 peeled and deveined large shrimp (31-35)
- 1 cup sugar snap peas
- 1/3 cup diced carrot
- 2 cups broccoli florets
- 1 tbsp sesame oil
- 1/4 cup diced white onion
- 2 cloves garlic, peeled and minced
- 2 cups cooked brown rice

- Asian-Inspired Low-Sodium

Marinade Ingredients:

- 3 tbsps low-sodium soy sauce
- 1 1/2 tbsps honey
- 1 tbsp unflavored rice vinegar
- 1 tbsp sesame oil
- 2 cloves garlic, peeled and minced
- 1 tbsp grated fresh ginger
- 1/4 tsp five-spice powder

Directions:

- 1** In a medium saucepan, bring 4 cups of water to a boil over high heat. Add sugar snap peas and carrots carefully to the boiling water. Cook for 2 minutes, then add broccoli and cook for an additional 3 minutes. Drain the vegetables using a strainer and rinse them under cold water for 30 seconds.
- 2** In a large skillet over medium heat, heat oil. Sauté onions and garlic for 2 minutes. Add shrimp and cook for 2 minutes on each side.
- 3** Combine the cooked vegetables and the marinade with the shrimp. Stir and cook until the shrimp are pink and reach an internal temperature of 145°F. In a small bowl, combine all ingredients for the marinade. Serve the mixture over rice.

Nutrition Facts	
Amount Per Serving	
Calories	320
% Daily Value*	
Total Fat 9g	12 %
Saturated Fat 1.5g	8 %
Trans Fat 0g	0 %
Cholesterol 135mg	45 %
Sodium 560mg	24 %
Total Carbohydrate 37g	13 %
Dietary Fiber 4g	14 %
Total Sugars 9g	
Includes 6g Added Sugars	12%
Protein 23g	
Vitamin D 0mcg	0%
Calcium 4mg	8%
Iron 1.8mg	10%
Potassium 570mg	10%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Ingredients: Brown rice, crustaceans, shrimp, raw (not previously frozen), broccoli, sugar snap peas more matters, soy sauce (water, wheat, soybeans, salt, <0.1% of sodium benzoate (preservative)), carrots, onion, honey, sesame oil, garlic, ginger.



Cook Time: 10 minutes

Prep Time: 10 minutes

Servings: 4 people

Main Ingredients: Shrimp & Soy Sauce

Sweet and Sour Shrimp

Ingredients:

- 1 lb. shelled and deveined SSP shrimp, tail-on
- 2 tablespoons cooking oil
- 3 cloves garlic, minced
- Chopped scallions
- White sesame

Sweet and Sour Sauce:

- 3 tablespoons ketchup
- 1 teaspoon chili sauce like Sriracha (optional)
- 1 1/2 tablespoons soy sauce
- 1 1/2 tablespoons sugar
- 5 tablespoons water
- 1 teaspoon cornstarch

Directions:

- 1

Rinse and drain the shrimp, pat dry with paper towels and set aside.
- 2

Mix all the ingredients for the Sweet and Sour Sauce together. Stir to combine well. Set aside.
- 3

Heat up a skillet with the cooking oil on high heat. When it's heated, add the garlic and stir fry until the garlic turns light brown. Add in the shrimp, stir fry until the surface turns white. Add in the Sweet and Sour Sauce and let cook for 1 minute, or until the shrimp is cooked through. Add more water to loosen the Sauce if it dries up or becomes too thick.
- 4

Garnish with chopped scallions and white sesame and serve immediately. Serve immediately with sweet chili sauce, if desired. Enjoy it with steamed rice or noodles.

Nutrition Facts	
Amount Per Serving	
Calories	210
	% Daily Value*
Total Fat 8g	10 %
Saturated Fat 1g	5 %
Trans Fat 0g	0 %
Cholesterol 185mg	62 %
Sodium 640mg	28 %
Total Carbohydrate 11g	4 %
Dietary Fiber <1g	2 %
Total Sugars 8g	
Includes 6g Added Sugars	12%
Potrein 24g	
Vitamin D 0mcg	0%
Calcium 110mg	8%
Iron 1.3mg	8%
Potassium 380mg	8%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Ingredients: Crustaceans, shrimp, raw (not previously frozen), water, ketchup (tomato concentrate from red ripe tomatoes, distilled vinegar, high fructose corn syrup, corn syrup, salt, spice, onion powder, natural flavoring), olive oil, tamari (water, soybeans, salt, alcohol (to preserve freshness)), scallions, sugar, garlic, sesame seeds, cornstarch, sriracha (chili, sugar, salt, garlic, distilled vinegar, potassium sorbate and sodium bisulfite (preservatives), xanthan gum).



Cook Time: 20 minutes

Prep Time: 15 minutes

Servings: 4 people

Main Ingredients: Shrimp & Tortillas

Sheet Pan Shrimp Fajitas

Ingredients:

- 1 1/2 pounds of shrimp peeled and deveined
- 1 yellow bell pepper sliced thin
- 1 red bell pepper sliced thin
- 1 green bell pepper sliced thin
- 1 small red onion sliced thin
- 1 1/2 tablespoons of extra virgin olive oil
- 1 teaspoon of kosher salt
- Several turns of freshly ground pepper
- 2 teaspoon of chili powder
- 1/2 teaspoon of garlic powder
- 1/2 teaspoon of onion powder
- 1/2 teaspoon of ground cumin
- 1 teaspoon of smoked paprika
- Lime
- Fresh cilantro for garnish
- Tortillas warmed

Directions:

- 1

Preheat the oven to 450 degrees. In a large bowl, mix together onions, bell peppers, shrimp, olive oil, salt, pepper, and spices. Toss the ingredients to ensure an even coating.
- 2

Spray a baking sheet with non-stick cooking spray. Spread the shrimp, bell peppers, and onions evenly on the baking sheet. Squeeze fresh lime juice over the fajita mixture and sprinkle with fresh cilantro.
- 3

Serve the flavorful mixture in warm tortillas.

Nutrition Facts	
Amount Per Serving	
Calories	220
% Daily Value*	
Total Fat 8g	10 %
Saturated Fat 1g	5 %
Trans Fat 0g	0 %
Cholesterol 240mg	80 %
Sodium 1190mg	52 %
Total Carbohydrate 12g	4 %
Dietary Fiber 5g	18 %
Total Sugars 2g	
Includes 0g Added Sugars	0%
Potrein 30g	
Vitamin D 0mcg	0%
Calcium 10mg	10%
Iron 1.3mg	15%
Potassium 380mg	2%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Ingredients: Shrimp, sodium tripolyphosphate (to retain moisture), salt, yellow peppers, red peppers, green peppers, lime juice, tortilla (corn masa flour, water, cellulose gum, propionic acid (to preserve freshness), benzoic acid (to preserve freshness), phosphoric acid (preservative), guar gum, amylase), olive oil, kosher salt, chili powder, cilantro produce, paprika, garlic powder, onion powder, black pepper, cumin.



Cook Time: 20 minutes

Prep Time: 15 minutes

Servings: 4 people

Main Ingredients: Shrimp & Pasta

Shrimp with Bucatini Pasta

Ingredients:

- 1 lb raw shrimp, peeled and deveined
- 12 oz bucatini pasta
- 5 oz herb-seasoned croutons
- 2 oz anchovy fillets in olive oil
- 5 oz baby spinach
- 1/3 cup grated Parmesan cheese
- 1 Tablespoon olive oil

Directions:

- 1** Start by bringing a big pot of salted water to a boil on high. Cook the bucatini following the package directions. Once done, drain it in a colander and save about $\frac{1}{4}$ cup of that pasta water.
- 2** While the pasta is cooking, place the croutons in a plastic bag, seal it, and crush them into fine crumbs using the back of a skillet.
- 3** In a 12-inch skillet, add the anchovies and their oil. Cook on medium-high for 3 minutes, using a spatula to mash the anchovies into a paste. Add the spinach mixture in batches, cooking until wilted and stirring constantly. Add the cooked bucatini to the skillet, stirring to combine. Add pasta water, 2 tablespoons at a time, as needed.
- 4** In a separate skillet, add olive oil and shrimp. Cook for about 2 minutes on each side, then add the cooked shrimp to the pasta.
- 5** Remove the pasta from heat. Season with salt and pepper to taste. Top with the crushed croutons and Parmesan cheese. Serve immediately.

Nutrition Facts	
Amount Per Serving	
Calories	480
	% Daily Value*
Total Fat 14g	18 %
Saturated Fat 4g	20 %
Trans Fat 0g	0 %
Cholesterol 255mg	85 %
Sodium 930mg	40 %
Total Carbohydrate 48g	17 %
Dietary Fiber 5g	18 %
Total Sugars 5g	
Includes 0g Added Sugars	0%
Potrein 41g	
Vitamin D 0mcg	0%
Calcium 10mg	20%
Iron 1.3mg	30%
Potassium 380mg	10%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Ingredients: Crustaceans, shrimp, cooked (not previously frozen), pasta, fresh-refrigerated, plain, cooked, spinach, croutons, seasoned, parmesan (milk, cheese cultures, salt, enzymes), fish, anchovy, european, canned in oil, drained solids, olive oil



Cook Time: 35 minutes

Total Time: 10 minutes

Servings: 6 Cups

Main Ingredients: Shrimp shells

Homemade Shrimp Stock

Ingredients:

- 1 teaspoon extra light olive oil
- Shells from 2 pounds of shrimp, rinsed
- 1 medium yellow onion, peel left on and quartered
- 3 carrots, roughly chopped
- 3 celery stalks, roughly chopped
- 4 cloves fresh garlic, smashed and peeled
- 6 sprigs fresh parsley
- 2 bay leaves
- 1/2 teaspoon whole dried coriander seeds
- 1/4 teaspoon black peppercorns
- 6 cups cold water

Directions:

- 1** Add the oil, shrimp shells, onion, carrots, celery and garlic to a pot that has a tight fitted lid. Heat over medium and cook the shrimp shells until pink and vegetables start to soften, about 15 minutes.
- 2** Next add in the parsley, bay, coriander, peppercorns and water. Cover the pot, leaving the lid askew and bring to a boil. Reduce heat and simmer for 20 minutes.
- 3** Place a mesh strainer into a large bowl or 8-cup liquid measuring cup. Use a ladle to remove most of the vegetables and shells to the strainer before carefully pouring the remaining stock through. Discard shrimp shells and vegetables or add to compost.
- 4** Allow the shrimp stock to cool before storing. This can be kept in the fridge for a few weeks or frozen for up to 3 months.



In order to boost the shrimp flavor in the stock, you must include shrimp heads.

Food safety Considerations

When preparing fresh or thawed shrimp, it's important to keep food safety top of mind.

Wash your hands for at least 20 seconds with soap and warm water after handling raw shrimp. Wash cutting boards, dishes, utensils, and countertops with soap and hot water between the preparation of raw foods, such as seafood, and the preparation of cooked or ready-to-eat foods.

Cooking shrimp helps to minimize the risk of foodborne illness. The recommended internal cooking temperature for the shrimp is 145 degrees F (63 degrees C), per the USDA. If you choose to eat raw shrimp, one rule of thumb is to eat shrimp that has been previously frozen.



Shrimp is the most consumed seafood in the United States. It is a healthy source of protein and, at the same time, easy to prepare. Are you ready to make the most of this nutritious food? Leading experts in the fields of science, nutrition, health, and shrimp production have developed this resource to help dietitians better understand shrimp and its health benefits.

