

# Jamaican Black Pepper Shrimp

Yield: 4 min  
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/jamaican-black-pepper-shrimp-recipe>

## Ingredients:

- 1 1/2 pounds jumbo shrimp 450g-680g de-vained
- 1/3 cup brown rice flour
- 2 tablespoons seafood seasoning 30g see notes
- 1 teaspoon thyme 5g dried
- 1 teaspoon garlic granules, 5g
- 1 teaspoon black pepper
- 1 cup fish stock 236ml gluten free
- 1 cup hot water 236ml
- 1/2 cup red wine 236ml I used red grape juice as a non alcoholic alternative
- 3 tablespoons oyster sauce 45g gluten free
- 3 tablespoons soya sauce 45g or coconut aminos
- 2 tablespoons agave nectar 30g or maple syrup
- jerk marinade unchecked?, to taste I used 2 tsp

## Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 18 grams
3. Cholesterol: 260 milligrams
4. Fat: 4.5 grams
5. Fiber: 2 grams
6. Protein: 37 grams
7. Sodium: 1500 milligrams
8. Sugar: 1 grams

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