



Baked Shrimp in Chipotle Sauce

READY IN



25 min.

SERVINGS



4

CALORIES



433 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings accompaniment: baguette
- ☐ 1 to 2 chipotle chiles in adobo canned minced
- ☐ 0.3 cup cooking wine dry red
- ☐ 1 large garlic clove minced
- ☐ 1.5 teaspoons salt
- ☐ 1.5 lb shrimp shelled (not)
- ☐ 0.3 cup butter unsalted
- ☐ 1.5 tablespoons worcestershire sauce

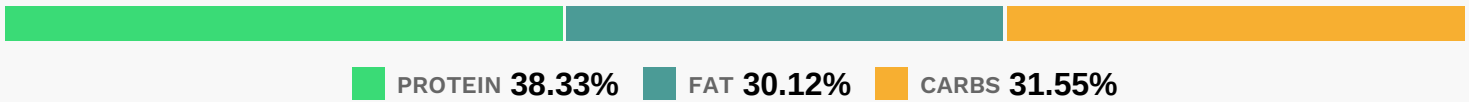
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 400°F.
- ☐ Melt butter in a saucepan and stir in wine, Worcestershire sauce, chipotles, adobo sauce, garlic, and salt. Toss shrimp with sauce in a large shallow baking dish and bake in middle of oven until shrimp are just cooked through, 10 to 12 minutes.
- ☐ Shrimp with heads on may be used in this recipe — you'll need 1 pound.

Nutrition Facts



Properties

Glycemic Index:25.44, Glycemic Load:21.19, Inflammation Score:-5, Nutrition Score:13.463478276263%

Flavonoids

Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 433.04kcal (21.65%), Fat: 14.13g (21.73%), Saturated Fat: 7.81g (48.8%), Carbohydrates: 33.28g (11.09%), Net Carbohydrates: 31.55g (11.47%), Sugar: 3.91g (4.34%), Cholesterol: 304.36mg (101.45%), Sodium: 1554.59mg (67.59%), Alcohol: 1.58g (100%), Alcohol %: 0.72% (100%), Protein: 40.44g (80.88%), Phosphorus: 433.19mg (43.32%), Copper: 0.76mg (38.02%), Vitamin B1: 0.38mg (25.28%), Iron: 3.54mg (19.69%), Magnesium: 77.5mg (19.37%), Calcium: 188.19mg (18.82%), Zinc: 2.82mg (18.8%), Manganese: 0.37mg (18.42%), Folate: 69.44µg (17.36%), Potassium: 586.01mg (16.74%), Selenium: 11.29µg (16.13%), Vitamin B3: 2.96mg (14.81%), Vitamin B2: 0.22mg (12.9%), Vitamin A: 359.84IU (7.2%), Fiber: 1.73g (6.94%), Vitamin B6: 0.08mg (3.81%), Vitamin E: 0.52mg (3.47%), Vitamin K:

2.99µg (2.85%), Vitamin B5: 0.26mg (2.62%), Vitamin D: 0.21µg (1.42%), Vitamin C: 1.06mg (1.29%)