



Barbecue Shrimp

 Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



392 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 bay leaves
- ☐ 1.5 teaspoons pepper black
- ☐ 1 ounce bread baguette french
- ☐ 0.5 cup caesar dressing fat-free
- ☐ 1 tablespoon rosemary dried
- ☐ 1 tablespoon thyme leaves dried
- ☐ 0.3 cup cooking wine dry white
- ☐ 3 garlic cloves minced

- ☐ 10 lemon wedges
- ☐ 1 tablespoon oregano dried
- ☐ 1 tablespoon paprika
- ☐ 1 teaspoon pepper sauce hot
- ☐ 2 pounds shrimp
- ☐ 2 tablespoons stick margarine
- ☐ 0.3 cup worcestershire sauce

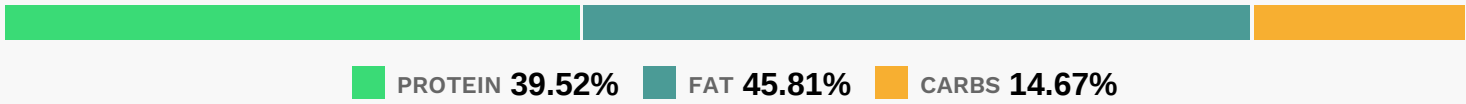
Equipment

- ☐ frying pan

Directions

- ☐ Combine the first 11 ingredients in a large nonstick skillet; bring to a boil.
- ☐ Add shrimp, and cook 7 minutes, stirring occasionally.
- ☐ Add wine, and cook 1 minute or until shrimp are done.
- ☐ Serve with bread and lemon wedges.

Nutrition Facts



Properties

Glycemic Index:54.6, Glycemic Load:3.28, Inflammation Score:-9, Nutrition Score:15.697826084883%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Eriodictyol: 7.69mg, Eriodictyol: 7.69mg, Eriodictyol: 7.69mg, Eriodictyol: 7.69mg Hesperetin: 10.11mg, Hesperetin: 10.11mg, Hesperetin: 10.11mg, Hesperetin: 10.11mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 391.94kcal (19.6%), Fat: 19.9g (30.61%), Saturated Fat: 3.39g (21.19%), Carbohydrates: 14.34g (4.78%), Net Carbohydrates: 11.5g (4.18%), Sugar: 4.04g (4.49%), Cholesterol: 301.28mg (100.43%), Sodium: 853.46mg (37.11%), Alcohol: 1.65g (100%), Alcohol %: 0.71% (100%), Protein: 38.62g (77.24%), Vitamin K: 47.05µg (44.81%), Phosphorus: 431.36mg (43.14%), Copper: 0.81mg (40.52%), Vitamin C: 23.43mg (28.4%), Iron: 4.56mg (25.31%), Potassium: 774.36mg (22.12%), Calcium: 208.77mg (20.88%), Magnesium: 82.3mg (20.57%), Vitamin A: 1002.37IU (20.05%), Manganese: 0.39mg (19.29%), Zinc: 2.77mg (18.49%), Vitamin E: 2.04mg (13.58%), Fiber: 2.85g (11.39%), Vitamin B6: 0.13mg (6.41%), Vitamin B1: 0.09mg (5.89%), Vitamin B2: 0.09mg (5.51%), Folate: 19.95µg (4.99%), Selenium: 2.73µg (3.89%), Vitamin B3: 0.72mg (3.6%), Vitamin B5: 0.18mg (1.83%)