



Big Easy Barbecue Shrimp

READY IN



40 min.

SERVINGS



6

CALORIES



635 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 bay leaves
- ☐ 0.8 cup butter
- ☐ 2 tablespoons asian garlic-chili pepper sauce
- ☐ 16 oz baguette french sliced
- ☐ 2 teaspoons hot sauce
- ☐ 1 tablespoon penzey's southwest seasoning italian
- ☐ 0.3 cup catsup
- ☐ 2 lemons sliced
- ☐ 2 tablespoons old bay seasoning

- ☐ 3 pounds shrimp fresh unpeeled
- ☐ 0.3 cup worcestershire sauce

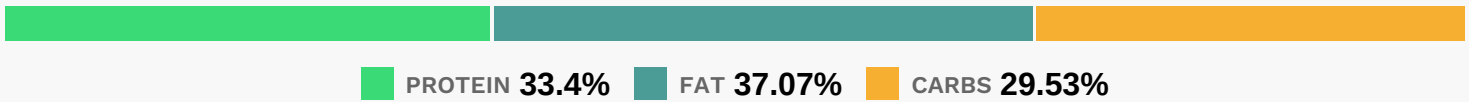
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ aluminum foil
- ☐ broiler pan

Directions

- ☐ Preheat oven to 32
- ☐ Place shrimp in a shallow aluminum foil-lined broiler pan. Stir together butter and next 8 ingredients in a saucepan over low heat until butter melts; pour over shrimp.
- ☐ Bake 25 minutes, stirring and turning shrimp after 10 minutes.
- ☐ Serve with French bread.

Nutrition Facts



Properties

Glycemic Index:25.38, Glycemic Load:25.57, Inflammation Score:-7, Nutrition Score:21.051304363686%

Flavonoids

Eriodictyol: 7.69mg, Eriodictyol: 7.69mg, Eriodictyol: 7.69mg, Eriodictyol: 7.69mg Hesperetin: 10.04mg, Hesperetin: 10.04mg, Hesperetin: 10.04mg, Hesperetin: 10.04mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 634.57kcal (31.73%), Fat: 26.5g (40.76%), Saturated Fat: 15.3g (95.62%), Carbohydrates: 47.49g (15.83%), Net Carbohydrates: 44.12g (16.04%), Sugar: 8.81g (9.79%), Cholesterol: 426.15mg (142.05%), Sodium: 1474.14mg (64.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 53.72g (107.43%), Phosphorus: 582.92mg (58.29%), Copper: 1.04mg (52%), Vitamin B1: 0.47mg (31.36%), Iron: 5.46mg (30.31%), Manganese: 0.58mg (29.2%), Calcium:

281.57mg (28.16%), Magnesium: 110.63mg (27.66%), Vitamin C: 22.18mg (26.88%), Potassium: 890.55mg (25.44%), Zinc: 3.79mg (25.27%), Folate: 91.5µg (22.88%), Vitamin K: 20.62µg (19.64%), Selenium: 13.69µg (19.56%), Vitamin B3: 3.79mg (18.93%), Vitamin B2: 0.3mg (17.6%), Vitamin A: 831.88IU (16.64%), Fiber: 3.38g (13.51%), Vitamin E: 1.26mg (8.39%), Vitamin B6: 0.15mg (7.67%), Vitamin B5: 0.4mg (3.99%)