



Broiled Shrimp with Mustard and Tarragon



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



129 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup dijon mustard
- ☐ 1.5 tablespoons tarragon fresh minced
- ☐ 1 spring onion minced
- ☐ 3 tablespoons olive oil
- ☐ 1.5 pounds shrimp deveined uncooked peeled (40)

Equipment

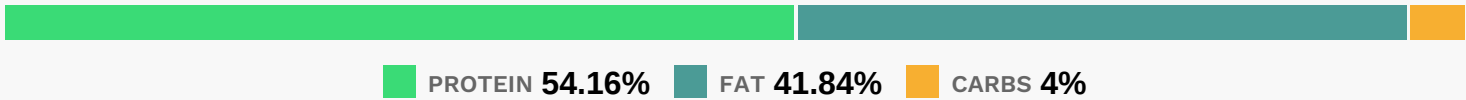
- ☐ bowl
- ☐ baking sheet

- ☐ toothpicks
- ☐ aluminum foil
- ☐ broiler
- ☐ skewers

Directions

- ☐ Stir first 4 ingredients in medium bowl to blend.
- ☐ Add shrimp; toss to coat. Refrigerate at least 1 hour and up to 3 hours.
- ☐ Preheat broiler. Line baking sheet with foil. Thread shrimp onto skewers.
- ☐ Sprinkle with salt and pepper. Broil until cooked through, 2 minutes per side.
- ☐ Remove shrimp from skewers. Arrange on platter.
- ☐ Serve with toothpicks.

Nutrition Facts



Properties

Glycemic Index:16.75, Glycemic Load:0.45, Inflammation Score:-1, Nutrition Score:5.0291304588318%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 129.38kcal (6.47%), Fat: 6.13g (9.43%), Saturated Fat: 0.86g (5.39%), Carbohydrates: 1.32g (0.44%), Net Carbohydrates: 0.74g (0.27%), Sugar: 0.18g (0.2%), Cholesterol: 136.93mg (45.64%), Sodium: 216.49mg (9.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.86g (35.72%), Phosphorus: 197.87mg (19.79%), Copper: 0.35mg (17.52%), Magnesium: 39.6mg (9.9%), Manganese: 0.18mg (8.91%), Zinc: 1.26mg (8.42%), Potassium: 283.92mg (8.11%), Calcium: 77.05mg (7.7%), Vitamin K: 6.42µg (6.12%), Iron: 1.08mg (6.02%), Vitamin E: 0.8mg (5.34%), Selenium: 3.59µg (5.13%), Fiber: 0.58g (2.33%), Vitamin B6: 0.04mg (1.99%), Vitamin B1: 0.02mg (1.58%), Vitamin A: 77.45IU (1.55%), Vitamin B2: 0.03mg (1.51%), Folate: 5.28µg (1.32%), Vitamin C: 0.98mg (1.19%)