



Cajun Sautéed Shrimp

 Gluten Free

READY IN



32 min.

SERVINGS



6

CALORIES



153 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon tsp. basil dried fresh chopped
- ☐ 1 bay leaf
- ☐ 2 tablespoons butter
- ☐ 1 garlic clove chopped
- ☐ 0.3 tsp ground pepper red
- ☐ 1 tablespoon tsp. oregano dried fresh chopped
- ☐ 2 pounds shrimp raw unpeeled
- ☐ 0.5 teaspoon salt

☐ 0.5 onion diced sweet

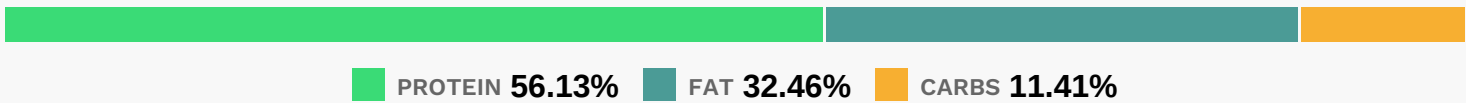
Equipment

☐ frying pan

Directions

- ☐ Peel shrimp, and, if desired, devein.
- ☐ Melt butter in a large skillet over medium-high heat; add onion and next 5 ingredients, and saut 5 minutes or until onion is tender. Stir in garlic, and saut 1 more minute.
- ☐ Stir in shrimp, and cook, stirring occasionally, 6 minutes or just until shrimp turn pink.
- ☐ Remove and discard bay leaf.
- ☐ *2 lb. frozen peeled, large raw shrimp, thawed according to package directions, may be substituted.

Nutrition Facts



Properties

Glycemic Index:31.17, Glycemic Load:0.07, Inflammation Score:-8, Nutrition Score:12.062174216561%

Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 4.01mg, Quercetin: 4.01mg, Quercetin: 4.01mg

Nutrients (% of daily need)

Calories: 152.96kcal (7.65%), Fat: 5.39g (8.29%), Saturated Fat: 2.59g (16.18%), Carbohydrates: 4.26g (1.42%), Net Carbohydrates: 3.62g (1.32%), Sugar: 1.44g (1.59%), Cholesterol: 200.54mg (66.85%), Sodium: 1082.11mg (47.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.97g (41.93%), Selenium: 45.06µg (64.37%), Phosphorus: 379.91mg (37.99%), Vitamin B12: 1.69µg (28.1%), Vitamin E: 2.29mg (15.25%), Copper: 0.3mg (14.96%), Vitamin B6: 0.3mg (14.85%), Vitamin B3: 2.78mg (13.89%), Calcium: 103.46mg (10.35%), Zinc: 1.54mg (10.27%), Magnesium: 38.57mg (9.64%), Folate: 37.54µg (9.38%), Vitamin A: 453.09IU (9.06%), Vitamin K: 7.5µg (7.14%), Potassium: 219.92mg (6.28%), Manganese: 0.12mg (6.1%), Vitamin B5: 0.51mg (5.12%), Iron: 0.73mg (4.06%), Vitamin B1: 0.04mg (2.97%), Fiber: 0.64g (2.57%), Vitamin B2: 0.04mg (2.1%), Vitamin C: 1.62mg (1.97%), Vitamin D: 0.15µg

(1.01%)