



Camarones Con Salsa de Anis (Shrimp with Anise Sauce)

READY IN



45 min.

SERVINGS



2

CALORIES



648 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon anise extract
- 0.5 teaspoon anise seeds
- 1 tablespoon butter
- 2 tablespoons flour
- 1 garlic clove chopped
- 1 cup heavy cream
- 1 tablespoon olive oil
- 0.3 cup onion chopped

- 2 servings salt and pepper
- 10 to 12 shrimp deveined peeled
- 0.5 cup white wine

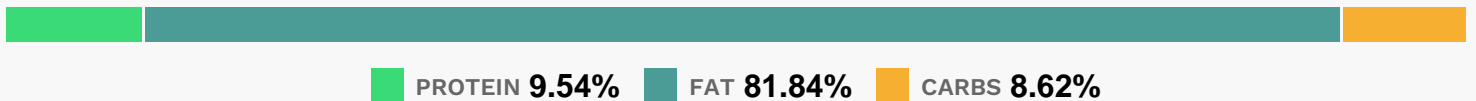
Equipment

- sauce pan
- pot

Directions

- In a large pot, bring water to a boil. Turn off the heat, add the shrimp and cover. Leave the shrimp in the hot water for 1 minute, drain and set aside. In a large saucepan over medium heat, melt the butter and olive oil.
- Add the onions, garlic, salt and pepper. Cook about 7 minutes, stirring occasionally.
- Add the flour and stir well.
- Add the wine to the saucepan, bring to a boil and then reduce the heat to medium low.
- Add the heavy cream, shrimp, anise seeds, anise extract and cook in the sauce for 5 minutes.
- Remove from the heat and add the chopped parsley.
- Add salt and pepper if necessary.

Nutrition Facts



Properties

Glycemic Index: 101, Glycemic Load: 4.94, Inflammation Score: -8, Nutrition Score: 9.7739129895749%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol:

0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg

Nutrients (% of daily need)

Calories: 647.59kcal (32.38%), Fat: 56.07g (86.26%), Saturated Fat: 32.01g (200.05%), Carbohydrates: 13.28g (4.43%), Net Carbohydrates: 12.63g (4.59%), Sugar: 4.94g (5.49%), Cholesterol: 230.02mg (76.67%), Sodium: 334.86mg (14.56%), Alcohol: 6.18g (100%), Alcohol %: 2.86% (100%), Protein: 14.71g (29.42%), Vitamin A: 1926.32IU (38.53%), Phosphorus: 206.9mg (20.69%), Vitamin B2: 0.28mg (16.51%), Vitamin E: 2.27mg (15.17%), Calcium: 129.48mg (12.95%), Vitamin D: 1.9µg (12.69%), Copper: 0.24mg (11.94%), Manganese: 0.2mg (10.1%), Potassium: 339.89mg (9.71%), Selenium: 6.58µg (9.4%), Magnesium: 36.85mg (9.21%), Vitamin K: 8.88µg (8.46%), Zinc: 1.16mg (7.77%), Vitamin B1: 0.1mg (6.66%), Iron: 1.18mg (6.58%), Vitamin B6: 0.12mg (6.05%), Folate: 23.19µg (5.8%), Vitamin B5: 0.41mg (4.09%), Vitamin B12: 0.2µg (3.37%), Vitamin C: 2.77mg (3.35%), Vitamin B3: 0.64mg (3.18%), Fiber: 0.65g (2.59%)