



Citrus Apple Butter Glaze for Shrimp



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



8

CALORIES



168 kcal

Ingredients

- ☐ 1 cup musselman's® apple butter
- ☐ 1 tablespoon juice of lime
- ☐ 0.5 cup orange juice concentrate frozen
- ☐ 2 pounds shrimp deveined uncooked peeled

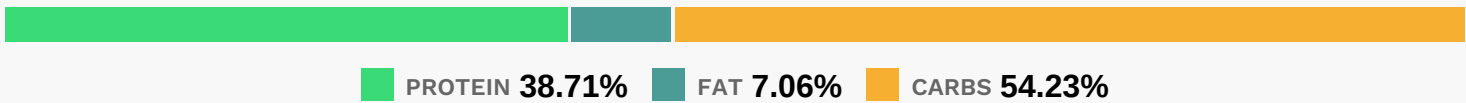
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Mix the apple butter, concentrate and lime juice in a medium bowl.
- ☐ Preheat oven to 400 degrees F.
- ☐ Lay shrimp on a lightly oiled baking sheet.
- ☐ Let shrimp cook for 3 to 5 minutes or until slightly opaque.
- ☐ Flip, brush liberally with glaze, and cook until opaque throughout, another 3 to 5 minutes.
- ☐ Brush with more glaze before serving.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:10.851738958255%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 168.23kcal (8.41%), Fat: 1.3g (2%), Saturated Fat: 0.16g (1%), Carbohydrates: 22.42g (7.47%), Net Carbohydrates: 21.71g (7.89%), Sugar: 17.75g (19.72%), Cholesterol: 142.88mg (47.63%), Sodium: 648.4mg (28.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16g (32.01%), Selenium: 33.78µg (48.26%), Vitamin C: 26.51mg (32.14%), Phosphorus: 290.6mg (29.06%), Vitamin B12: 1.26µg (20.98%), Copper: 0.25mg (12.28%), Vitamin B6: 0.24mg (12.12%), Vitamin B3: 2.24mg (11.2%), Vitamin E: 1.63mg (10.83%), Folate: 35.75µg (8.94%), Magnesium: 32.72mg (8.18%), Potassium: 274.06mg (7.83%), Zinc: 1.15mg (7.67%), Manganese: 0.15mg (7.64%), Calcium: 73.18mg (7.32%), Vitamin A: 280.08IU (5.6%), Vitamin B1: 0.08mg (5.01%), Vitamin B5: 0.47mg (4.71%), Vitamin B2: 0.06mg (3.24%), Fiber: 0.71g (2.86%), Iron: 0.41mg (2.26%)