

Cognac Shrimp

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



280 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon butter
- 0.5 cup cognac
- 0.5 cup half-and-half fat free
- 2 cloves garlic minced
- 0.3 cup oil-packed sun-dried tomatoes diced drained
- 1 tablespoon olive oil
- 4 servings salt and pepper to taste
- 0.5 cup shallots thinly sliced

1 pound shrimp deveined peeled

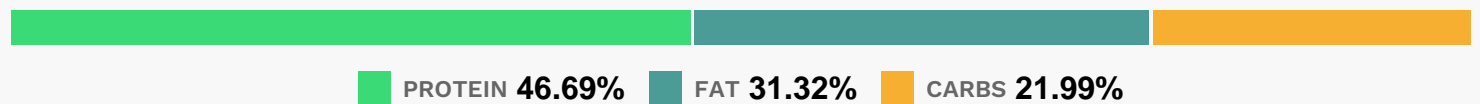
Equipment

frying pan

Directions

- Heat the butter and olive oil in a skillet over medium-high heat, and saute the garlic and shallots until lightly browned. Stir in shrimp, and season with salt, pepper, and red pepper.
- Mix in sun-dried tomatoes. Cook and stir 5 minutes, or until shrimp is opaque and lightly browned.
- Pour cognac into the skillet, and stir to loosen browned bits from bottom. Reduce heat to low, and stir in half-and-half. Simmer 5 minutes, or until slightly thickened.

Nutrition Facts



Properties

Glycemic Index:38.75, Glycemic Load:2.24, Inflammation Score:-4, Nutrition Score:9.1843478472336%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 280.39kcal (14.02%), Fat: 7.57g (11.65%), Saturated Fat: 2.68g (16.75%), Carbohydrates: 11.96g (3.99%), Net Carbohydrates: 10.13g (3.69%), Sugar: 6.4g (7.12%), Cholesterol: 191.57mg (63.86%), Sodium: 392.27mg (17.06%), Alcohol: 10.02g (100%), Alcohol %: 5.82% (100%), Protein: 25.39g (50.79%), Phosphorus: 333.77mg (33.38%), Copper: 0.58mg (29.13%), Potassium: 702.26mg (20.06%), Magnesium: 64.41mg (16.1%), Manganese: 0.28mg (14.11%), Zinc: 2.05mg (13.64%), Calcium: 123.11mg (12.31%), Iron: 1.63mg (9.05%), Vitamin B6: 0.16mg (8.11%), Fiber: 1.82g (7.29%), Vitamin C: 5.74mg (6.95%), Vitamin B2: 0.11mg (6.68%), Vitamin K: 5.63µg (5.36%), Vitamin B1: 0.08mg (5.04%), Vitamin E: 0.61mg (4.07%), Folate: 16.06µg (4.01%), Vitamin B5: 0.38mg (3.77%), Vitamin B3: 0.73mg (3.67%), Vitamin A: 161.56IU (3.23%), Vitamin B12: 0.16µg (2.66%), Selenium: 1.84µg (2.62%)