

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
- 1 dash pepper flakes dried red
- 4 servings salt and pepper to taste

- 0.5 cup shallots thinly sliced
- 1 pound shrimp deveined peeled

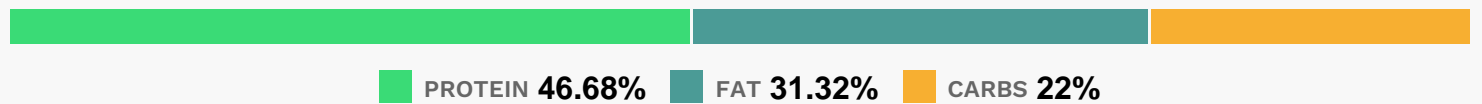
Equipment

- 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:9.2047826207202%

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: 280.46kcal (14.02%), Fat: 7.57g (11.65%), Saturated Fat: 2.68g (16.76%), Carbohydrates: 11.97g (3.99%), Net Carbohydrates: 10.14g (3.69%), Sugar: 6.41g (7.12%), Cholesterol: 191.57mg (63.86%), Sodium: 392.68mg (17.07%), Alcohol: 10.02g (100%), Alcohol %: 5.82% (100%), Protein: 25.4g (50.79%), Phosphorus: 333.85mg (33.38%), Copper: 0.58mg (29.15%), Potassium: 702.75mg (20.08%), Magnesium: 64.44mg (16.11%), Manganese: 0.28mg (14.13%), Zinc: 2.05mg (13.65%), Calcium: 123.19mg (12.32%), Iron: 1.63mg (9.07%), Vitamin B6: 0.16mg (8.13%), Fiber: 1.83g (7.33%), Vitamin C: 5.74mg (6.95%), Vitamin B2: 0.11mg (6.69%), Vitamin K: 5.66µg (5.39%), Vitamin B1: 0.08mg (5.04%), Vitamin E: 0.62mg (4.14%), Folate: 16.07µg (4.02%), Vitamin B5: 0.38mg (3.78%), Vitamin B3: 0.74mg (3.68%), Vitamin A: 168.97IU (3.38%), Vitamin B12: 0.16µg (2.66%), Selenium: 1.84µg (2.63%)