



Creamy Saffron Shrimp with Gnocchi and Caramelized Onion

READY IN



30 min.

SERVINGS



4

CALORIES



317 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons basil fresh shredded
- 1 teaspoon brown sugar
- 1 tablespoon butter
- 3 tablespoons cup heavy whipping cream sour reduced-fat
- 6 mushrooms sliced
- 1 large onion thinly sliced
- 1 teaspoon paprika
- 0.3 cup parmesan cheese grated

- 16 ounce potato gnocchi
- 1 pinch saffron threads
- 4 servings salt to taste
- 20 large shrimp (deveined peeled per pound)

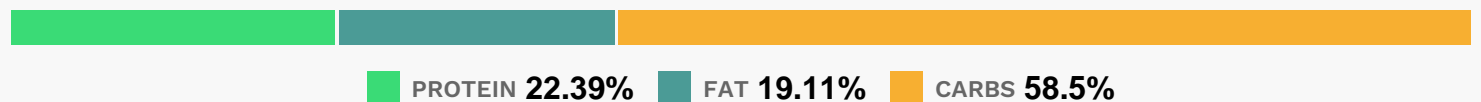
Equipment

- frying pan
- pot

Directions

- Melt the butter in a large skillet over medium heat. Stir in the onion, mushrooms, and brown sugar. Cook and stir until the onion has cooked to a deep brown color, about 10 minutes.
- Remove the caramelized onions and set aside.
- Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the gnocchi and return to a boil. Cook until the gnocchi floats to the top, about 3 minutes; drain, and keep warm.
- Place the skillet over medium-high heat, and stir in the shrimp. Cook and stir until the shrimp have turned pink on the outside and are no longer translucent in the center, about 5 minutes.
- Add the caramelized onions, sour cream, paprika, and saffron. Cook and stir until the mixture begins to simmer, then gently fold in the cooked gnocchi, then season to taste with salt.
- Pour the gnocchi into a serving dish, and sprinkle with shredded basil and Parmesan cheese to serve.

Nutrition Facts



Properties

Glycemic Index:83, Glycemic Load:26.59, Inflammation Score:-5, Nutrition Score:8.0608695589978%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg,

Kaempferol: 0.27mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.61mg, Quercetin: 7.61mg, Quercetin: 7.61mg, Quercetin: 7.61mg

Nutrients (% of daily need)

Calories: 316.93kcal (15.85%), Fat: 6.88g (10.59%), Saturated Fat: 3.9g (24.35%), Carbohydrates: 47.4g (15.8%), Net Carbohydrates: 43.66g (15.88%), Sugar: 3.23g (3.59%), Cholesterol: 96.61mg (32.2%), Sodium: 780.74mg (33.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.15g (36.29%), Iron: 4.75mg (26.41%), Phosphorus: 192.73mg (19.27%), Copper: 0.32mg (15.88%), Fiber: 3.75g (14.99%), Calcium: 136.86mg (13.69%), Vitamin B2: 0.17mg (10.07%), Vitamin A: 470.88IU (9.42%), Potassium: 329.51mg (9.41%), Zinc: 1.24mg (8.26%), Selenium: 5.53µg (7.9%), Magnesium: 28.77mg (7.19%), Vitamin B3: 1.2mg (6%), Manganese: 0.11mg (5.42%), Vitamin B5: 0.54mg (5.35%), Vitamin K: 5.1µg (4.85%), Vitamin B6: 0.1mg (4.8%), Vitamin C: 3.68mg (4.46%), Folate: 14.64µg (3.66%), Vitamin B1: 0.05mg (3.27%), Vitamin B12: 0.14µg (2.34%), Vitamin E: 0.3mg (2.03%)