



Creamy Shrimp Sauce

READY IN



45 min.

SERVINGS



9

CALORIES



254 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.5 tablespoons butter divided
- ☐ 14.5 ounce chicken broth canned
- ☐ 1.5 tablespoons flour
- ☐ 1 small shallots sliced
- ☐ 2 tablespoons cooking sherry
- ☐ 1 pound shrimp fresh
- ☐ 1 cup whipping cream

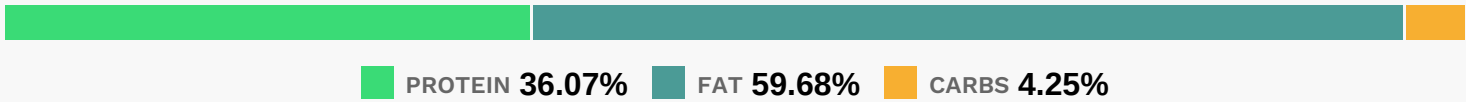
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ sieve

Directions

- ☐ Peel shrimp, reserving shells; devein, if desired.
- ☐ Melt 1 tablespoon butter in a 3 1/2-quart saucepan over medium heat.
- ☐ Add shrimp, and cook 5 minutes or just until shrimp turn pink. Chop shrimp, and set aside.
- ☐ Add shrimp shells, shallot, and chicken broth to saucepan; bring to a boil.
- ☐ Remove from heat, cover, and let stand 30 minutes.
- ☐ Pour broth mixture through a wire-mesh strainer into a bowl, discarding shells and shallot.
- ☐ Melt remaining 1 1/2 tablespoons butter in saucepan over medium heat.
- ☐ Whisk in flour. Cook, whisking constantly, 1 minute. Gradually whisk in broth mixture. Bring to a boil; boil 1 minute or until slightly thickened.
- ☐ Add cream; reduce heat to low.
- ☐ Add chopped shrimp and sherry; stir until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:18.89, Glycemic Load:0.82, Inflammation Score:-4, Nutrition Score:5.8765217933966%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 254.41kcal (12.72%), Fat: 16.67g (25.65%), Saturated Fat: 9.16g (57.26%), Carbohydrates: 2.67g (0.89%), Net Carbohydrates: 2.55g (0.93%), Sugar: 1.03g (1.14%), Cholesterol: 142.22mg (47.41%), Sodium: 312.8mg (13.6%),

Alcohol: 0.34g (100%), Alcohol %: 0.33% (100%), Protein: 22.67g (45.34%), Phosphorus: 197.62mg (19.76%),
Selenium: 9.7µg (13.85%), Zinc: 1.91mg (12.72%), Copper: 0.23mg (11.36%), Vitamin A: 566.87IU (11.34%), Vitamin B12:
0.51µg (8.43%), Magnesium: 29.44mg (7.36%), Potassium: 241.97mg (6.91%), Vitamin B2: 0.1mg (6.11%), Vitamin B3:
1.2mg (5.99%), Calcium: 58.55mg (5.86%), Iron: 0.98mg (5.46%), Vitamin B6: 0.11mg (5.4%), Vitamin E: 0.48mg
(3.21%), Vitamin D: 0.47µg (3.13%), Vitamin K: 2.21µg (2.1%), Manganese: 0.04mg (1.87%), Folate: 5.35µg (1.34%),
Vitamin B1: 0.02mg (1.14%)