



Creole Bbq Shrimp

 **Gluten Free**

READY IN

ready

25 min.

SERVINGS

servings

4

CALORIES

calories

257 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons basil
- ☐ 0.3 tablespoon cayenne
- ☐ 2 tablespoons garlic chopped
- ☐ 1 juice of lemon juiced
- ☐ 1 tablespoon oregano chopped
- ☐ 1 tablespoon paprika
- ☐ 4 tablespoons vegetable oil; peanut oil preferred
- ☐ 2 chilies green red chopped

- ☐ 2 tablespoons rosemary chopped
- ☐ 4 servings salt and pepper freshly ground
- ☐ 20 pieces shrimp
- ☐ 1 tablespoon thyme leaves chopped
- ☐ 4 tablespoons butter unsalted

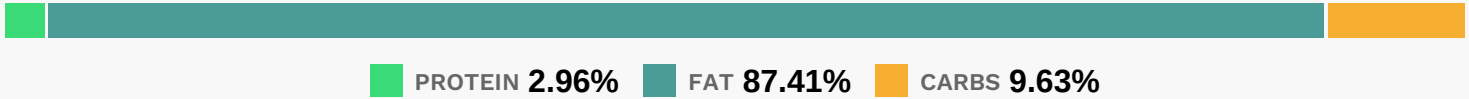
Equipment

- ☐ frying pan

Directions

- ☐ In a saute pan, heat butter and peanut oil.
- ☐ Add garlic and saute for 2 minutes, then add all the herbs and spices, salt, pepper, and lemon juice, and continue to saute for 2 minutes more.
- ☐ Add shrimps and saute until cooked through, do not overcook.

Nutrition Facts



Properties

Glycemic Index:66.75, Glycemic Load:0.71, Inflammation Score:-10, Nutrition Score:6.726956607207%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 256.62kcal (12.83%), Fat: 25.94g (39.91%), Saturated Fat: 9.72g (60.74%), Carbohydrates: 6.43g (2.14%), Net Carbohydrates: 3.67g (1.33%), Sugar: 1.25g (1.39%), Cholesterol: 38.15mg (12.72%), Sodium: 279.25mg (12.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.98g (3.96%), Vitamin A: 1531.08IU (30.62%), Vitamin E: 3.38mg (22.51%), Vitamin K: 14.72µg (14.02%), Vitamin C: 10.73mg (13%), Manganese: 0.23mg (11.36%), Fiber: 2.76g (11.05%),

Iron: 1.59mg (8.85%), Vitamin B6: 0.14mg (6.83%), Calcium: 60.46mg (6.05%), Magnesium: 16.09mg (4.02%),
Copper: 0.08mg (3.79%), Potassium: 125.47mg (3.58%), Phosphorus: 32.16mg (3.22%), Vitamin B2: 0.05mg (3.21%),
Folate: 10.73µg (2.68%), Zinc: 0.32mg (2.14%), Vitamin B3: 0.35mg (1.76%), Vitamin B1: 0.03mg (1.72%), Vitamin D:
0.21µg (1.4%), Selenium: 0.96µg (1.37%), Vitamin B5: 0.11mg (1.14%)