



Creole Shrimp and Pasta Meuniere

READY IN



35 min.

SERVINGS



4

CALORIES



812 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 16 ounce angel hair pasta
- ☐ 1 bay leaf
- ☐ 7 tablespoons butter
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 0.5 teaspoon fines herbs
- ☐ 4 servings jalapeno pepper sauce to taste
- ☐ 0.5 juice of lemon juiced
- ☐ 4 servings pepper sauce hot to taste

- ☐ 1.3 pounds shrimp deveined peeled
- ☐ 3 tablespoons vegetable oil
- ☐ 1 tablespoon worcestershire sauce

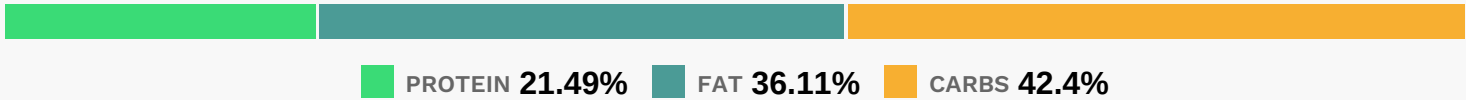
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ pot

Directions

- ☐ Cook pasta in a large pot of boiling water until done.
- ☐ Drain.
- ☐ Meanwhile, melt butter in a small saucepan over very low heat.
- ☐ Add Worcestershire sauce, and hot sauces to taste; mix well. Stir in lemon juice, herb mix, bay leaf, and thyme. Keep warm, but do not simmer.
- ☐ Heat oil in large skillet.
- ☐ Saute shrimp in oil for 3 to 4 minutes, or just until shrimp turn pink.
- ☐ Pour off all but 1 tablespoon liquid from skillet.
- ☐ Remove and discard bay leaf.
- ☐ Add butter sauce, and stir well. Stir in parsley.
- ☐ Serve over angel hair pasta.

Nutrition Facts



Properties

Glycemic Index:48.5, Glycemic Load:34.07, Inflammation Score:-7, Nutrition Score:21.546521785467%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 812.29kcal (40.61%), Fat: 32.54g (50.06%), Saturated Fat: 14.61g (91.34%), Carbohydrates: 85.99g (28.66%), Net Carbohydrates: 82.23g (29.9%), Sugar: 3.58g (3.98%), Cholesterol: 280.89mg (93.63%), Sodium: 394.79mg (17.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.57g (87.15%), Selenium: 71.95µg (102.78%), Manganese: 1.1mg (55.12%), Vitamin K: 55.63µg (52.98%), Phosphorus: 527.86mg (52.79%), Copper: 0.9mg (44.77%), Magnesium: 112.3mg (28.08%), Zinc: 3.56mg (23.74%), Potassium: 683.39mg (19.53%), Vitamin A: 791.6IU (15.83%), Iron: 2.74mg (15.21%), Fiber: 3.76g (15.04%), Calcium: 130.55mg (13.06%), Vitamin E: 1.56mg (10.41%), Vitamin B3: 2mg (10.02%), Vitamin B6: 0.17mg (8.34%), Vitamin B1: 0.11mg (7.31%), Folate: 25.68µg (6.42%), Vitamin C: 4.89mg (5.93%), Vitamin B5: 0.53mg (5.29%), Vitamin B2: 0.09mg (5.01%)