



Creole Shrimp Pecans

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



70 min.

SERVINGS



4

CALORIES



801 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons creole seasoning
- 1 ounce fish sauce dried finely chopped
- 1 medium lemon zest finely grated
- 4 cups pecans raw
- 3 tablespoons vegetable oil

Equipment

- bowl
- baking sheet

- oven
- wire rack

Directions

- Heat the oven to 300°F and arrange a rack in the middle. Arrange the shrimp in a single layer on a rimmed baking sheet.
- Bake for 5 minutes.
- Sprinkle the zest over the shrimp and continue baking until the zest is dry to the touch, about 5 minutes more.
- Remove the baking sheet to a wire rack and let the shrimp cool completely, about 10 minutes.
- Transfer the shrimp and zest to a coffee or spice grinder and grind until a fine powder forms. (Reserve the baking sheet—you don't need to wash it.)
- Transfer the powder to a small bowl, add the Creole seasoning, and stir to combine; set aside. Increase the oven temperature to 400°F and keep the rack in the middle.
- Place the nuts and oil in a large bowl and stir until the nuts are evenly coated.
- Transfer to the reserved baking sheet and spread the nuts into an even layer. (Reserve the bowl—no need to wash.) Roast, stirring halfway through, until the nuts are browned and toasted, about 10 to 15 minutes total. Immediately transfer the nuts to the reserved bowl. (Reserve the baking sheet again—no need to wash.)
- Add the Creole–shrimp powder and stir to evenly coat the nuts. Return the coated nuts to the reserved baking sheet and spread into an even layer.
- Let cool completely, about 30 minutes.
- Serve immediately or store in an airtight container at room temperature for up to 5 days.

Nutrition Facts

 **PROTEIN 6.84%**  **FAT 86.34%**  **CARBS 6.82%**

Properties

Glycemic Index:10.5, Glycemic Load:0.52, Inflammation Score:-7, Nutrition Score:20.430434828219%

Flavonoids

Cyanidin: 10.63mg, Cyanidin: 10.63mg, Cyanidin: 10.63mg, Cyanidin: 10.63mg Delphinidin: 7.21mg, Delphinidin: 7.21mg, Delphinidin: 7.21mg, Delphinidin: 7.21mg Catechin: 7.17mg, Catechin: 7.17mg, Catechin: 7.17mg, Catechin: 7.17mg Epigallocatechin: 5.57mg, Epigallocatechin: 5.57mg, Epigallocatechin: 5.57mg, Epigallocatechin: 5.57mg Epicatechin: 0.81mg, Epicatechin: 0.81mg, Epicatechin: 0.81mg, Epicatechin: 0.81mg Epigallocatechin 3-gallate: 2.28mg, Epigallocatechin 3-gallate: 2.28mg, Epigallocatechin 3-gallate: 2.28mg, Epigallocatechin 3-gallate: 2.28mg

Nutrients (% of daily need)

Calories: 800.82kcal (40.04%), Fat: 81.94g (126.06%), Saturated Fat: 7.71g (48.17%), Carbohydrates: 14.57g (4.86%), Net Carbohydrates: 4.63g (1.68%), Sugar: 4.1g (4.55%), Cholesterol: 80.8mg (26.93%), Sodium: 249.87mg (10.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.61g (29.21%), Manganese: 4.47mg (223.75%), Copper: 1.19mg (59.66%), Vitamin B1: 0.66mg (43.84%), Fiber: 9.94g (39.74%), Magnesium: 121.54mg (30.38%), Zinc: 4.51mg (30.09%), Phosphorus: 277.34mg (27.73%), Vitamin K: 23.03µg (21.93%), Iron: 3.11mg (17.26%), Vitamin E: 2.52mg (16.82%), Potassium: 428.44mg (12.24%), Vitamin B6: 0.23mg (11.75%), Calcium: 101.14mg (10.11%), Vitamin A: 472.29IU (9.45%), Vitamin B5: 0.86mg (8.59%), Vitamin B2: 0.14mg (8.18%), Vitamin B3: 1.25mg (6.26%), Folate: 23.03µg (5.76%), Selenium: 3.86µg (5.52%), Vitamin C: 3.79mg (4.59%)