



Creole-Spiced Shrimp

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



431 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 bay leaves
- 0.3 teaspoon pepper black freshly ground
- 2 teaspoons chili paste depending on your taste pref hot (such as sambal oelek)
- 2 teaspoons kosher salt
- 1 optional: lemon thinly sliced
- 1 tablespoon old bay seasoning
- 1 small onion sliced
- 2 tablespoons oregano fresh

- 2 pounds shrimp wild deveined unpeeled peeled
- 0.5 cup butter unsalted cut into tablespoons (1 stick)
- 2 tablespoons worcestershire sauce

Equipment

- bowl
- baking sheet
- oven
- grill
- aluminum foil
- kitchen scissors

Directions

- Using small kitchen scissors, cut shrimpshells along the curved backs.
- Remove vein,keeping shell intact. (Skip this step if usingpeeled deveined shrimp.) Toss shrimp andnext 9 ingredients in a large bowl.
- Place four 16x12" sheets of heavy-dutyfoil on a work surface. Divide shrimp mixtureamong sheets. Fold all foil edges toward thecenter to accommodate the liquid; do notcrimp.
- Add 2 tablespoons butter and 1/4 cup waterto each. Crimp tightly to seal. Preheat ovento 325°F. Arrange packets in a single layer on a rimmed baking sheet. Alternatively, build a medium fire in a charcoal grill, or preheata gas grill to medium-high.
- Bake or grill untilshrimp are just opaque in center (carefullyopen 1 packet to check; steam will escape),about 30 minutes. Carefully cut openpackets.
- Per serving: 470 calories, 26 g fat, 1 g fiber
- Bon Appétit

Nutrition Facts



Properties

Glycemic Index:22.38, Glycemic Load:0.86, Inflammation Score:-10, Nutrition Score:14.116956573466%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 3.86mg, Quercetin: 3.86mg, Quercetin: 3.86mg, Quercetin: 3.86mg

Nutrients (% of daily need)

Calories: 430.84kcal (21.54%), Fat: 24.48g (37.66%), Saturated Fat: 14.9g (93.14%), Carbohydrates: 9.13g (3.04%), Net Carbohydrates: 6.8g (2.47%), Sugar: 2.64g (2.94%), Cholesterol: 426.15mg (142.05%), Sodium: 1548.95mg (67.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.73g (93.46%), Phosphorus: 513.78mg (51.38%), Copper: 0.96mg (47.8%), Vitamin K: 25.97µg (24.74%), Magnesium: 94.73mg (23.68%), Calcium: 225.43mg (22.54%), Potassium: 786.91mg (22.48%), Zinc: 3.24mg (21.61%), Vitamin C: 17.38mg (21.07%), Iron: 3.24mg (17.97%), Manganese: 0.34mg (16.76%), Vitamin A: 808.97IU (16.18%), Fiber: 2.33g (9.3%), Vitamin E: 1.19mg (7.91%), Vitamin B6: 0.09mg (4.53%), Folate: 15.76µg (3.94%), Vitamin B2: 0.05mg (2.87%), Vitamin D: 0.43µg (2.84%), Vitamin B1: 0.04mg (2.38%), Vitamin B3: 0.31mg (1.55%), Vitamin B5: 0.13mg (1.29%), Selenium: 0.75µg (1.07%)