



Creole-Style “Barbecued” Shrimp

READY IN



20 min.

SERVINGS



4

CALORIES



444 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup hot sauce to taste
- 1 optional: lemon thinly sliced
- 0.5 cup juice of lemon fresh
- 1.5 teaspoon pepper flakes red
- 2 tablespoon rosemary leaves minced
- 4 servings rustic bread
- 4 servings salt and pepper
- 1 pound shrimp medium to large peeled
- 8 tablespoon butter unsalted cut into small pieces

0.3 cup worcestershire sauce

Equipment

frying pan

Directions

Heat a large (12 inches or more) cast-iron skillet over medium-high heat.

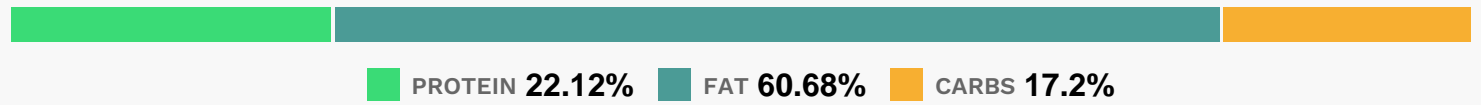
Add butter, and cook until melted and foamy, but do not let it brown.

Add the lemon slices in a single layer and cook them undisturbed until they begin to brown, about 4 minutes.

Add the rosemary, red pepper flakes, garlic, lemon juice, Worcestershire and hot sauce, and bring it all to a simmer. Season shrimp with salt and pepper; add them to the skillet. They should sizzle as they hit the pan. Cook, stirring and turning often until they are pink and firm to the touch, about 3 to 4 minutes. Season with more salt and pepper.

Serve with crusty bread and additional hot sauce at the table.

Nutrition Facts



Properties

Glycemic Index:23.88, Glycemic Load:0.6, Inflammation Score:-7, Nutrition Score:10.807826034401%

Flavonoids

Eriodictyol: 7.26mg, Eriodictyol: 7.26mg, Eriodictyol: 7.26mg, Eriodictyol: 7.26mg Hesperetin: 11.95mg, Hesperetin: 11.95mg, Hesperetin: 11.95mg, Hesperetin: 11.95mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 443.6kcal (22.18%), Fat: 30.82g (47.41%), Saturated Fat: 18.46g (115.38%), Carbohydrates: 19.65g (6.55%), Net Carbohydrates: 17.37g (6.32%), Sugar: 9.6g (10.67%), Cholesterol: 242.77mg (80.92%), Sodium: 1039.55mg (45.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.28g (50.56%), Vitamin C: 40.19mg (48.71%), Phosphorus: 278.46mg (27.85%), Copper: 0.51mg (25.72%), Vitamin A: 999.02IU (19.98%), Potassium: 601.48mg (17.19%), Iron: 2.61mg (14.49%), Magnesium: 53.95mg (13.49%), Calcium: 123.13mg (12.31%), Zinc: 1.73mg (11.54%),

Fiber: 2.28g (9.12%), Folate: 28.07µg (7.02%), Vitamin E: 1.05mg (7.02%), Vitamin B3: 1.22mg (6.11%), Vitamin B2: 0.08mg (4.91%), Vitamin B1: 0.07mg (4.8%), Vitamin B6: 0.09mg (4.66%), Manganese: 0.09mg (4.48%), Vitamin K: 3.28µg (3.13%), Vitamin D: 0.42µg (2.8%), Vitamin B5: 0.15mg (1.45%), Selenium: 0.7µg (1.01%)