



Delia's Grilled Shrimp Sonora

READY IN



35 min.

SERVINGS



4

CALORIES



977 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup butter softened
- ☐ 1 bunch flat parsley italian chopped
- ☐ 1 pound shrimp in shells
- ☐ 1 cup olive oil
- ☐ 0.5 cup parmesan cheese
- ☐ 4 servings salt and pepper to taste

Equipment

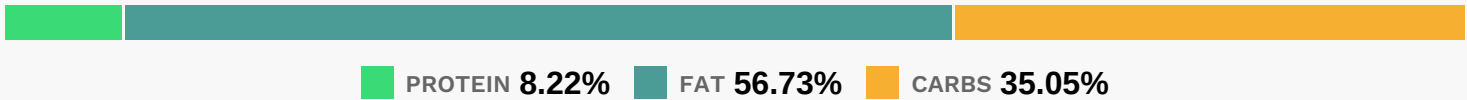
- ☐ blender

☐ grill

Directions

- ☐ Preheat an outdoor grill for medium-high heat.
- ☐ Place butter, oil, cheese, and parsley into a blender. Cover, and puree until smooth. Season with salt and pepper to taste.
- ☐ Butterfly the shrimp leaving the shell on. Starting at the head, cut almost all the way through the flesh, down the center of the shrimp's back and to the tail. Open the two sides and spread them out like an open book. Dip the shrimp into the butter mixture, or if the mixture is too thick rub it onto the shrimp.
- ☐ Place the shrimp shell side down on the preheated grill. Cook the shrimp until they are bright pink on the outside and the meat is no longer transparent in the center, about 2 to 3 minutes per side.

Nutrition Facts



Properties

Glycemic Index:37.75, Glycemic Load:34.3, Inflammation Score:-9, Nutrition Score:24.107825980238%

Flavonoids

Apigenin: 30.75mg, Apigenin: 30.75mg, Apigenin: 30.75mg, Apigenin: 30.75mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 2.11mg, Myricetin: 2.11mg, Myricetin: 2.11mg, Myricetin: 2.11mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 977.21kcal (48.86%), Fat: 61.88g (95.2%), Saturated Fat: 33.04g (206.53%), Carbohydrates: 86.01g (28.67%), Net Carbohydrates: 81.91g (29.79%), Sugar: 3.28g (3.65%), Cholesterol: 130.51mg (43.5%), Sodium: 773.94mg (33.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.16g (40.32%), Vitamin K: 244.5µg (232.86%), Selenium: 75.06µg (107.23%), Vitamin A: 2716.23IU (54.32%), Manganese: 1.07mg (53.28%), Phosphorus: 322.96mg (32.3%), Vitamin C: 18.95mg (22.97%), Vitamin E: 3.13mg (20.87%), Calcium: 205.33mg (20.53%), Magnesium: 73.87mg (18.47%), Copper: 0.35mg (17.66%), Fiber: 4.1g (16.4%), Zinc: 2.15mg (14.31%), Iron: 2.53mg (14.08%), Folate: 44.65µg (11.16%), Vitamin B3: 2.17mg (10.86%), Potassium: 357.09mg (10.2%), Vitamin B6: 0.19mg (9.35%), Vitamin B2: 0.14mg (8.4%), Vitamin B1: 0.12mg (8.14%), Vitamin B5: 0.66mg (6.65%), Vitamin B12: 0.25µg (4.11%)