



Dilled Shrimp

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



415 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup butter
- 2 tablespoons butter
- 3 cups extra wide egg noodles cooked
- 6 servings garnish: dill sprigs fresh
- 1 tablespoon optional: dill fresh chopped
- 2 large cloves garlic crushed
- 0.3 cup green onions chopped
- 1 tablespoon juice of lemon

- 2 ounce pimientos diced drained
- 6 servings salt and pepper to taste
- 2 pounds shrimp fresh unpeeled

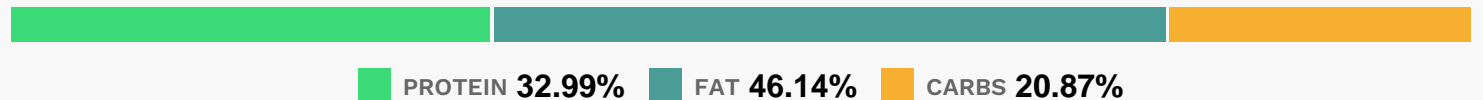
Equipment

- plastic wrap
- baking pan
- microwave

Directions

- Peel and devein shrimp; set aside.
- Combine 1/2 cup butter, green onions, and garlic in a 13- x 9- x 2-inch baking dish. Cover with heavy-duty plastic wrap, folding back a small section of wrap to allow steam to escape. Microwave at HIGH for 1 to 2 minutes or until butter melts and green onions are tender.
- Add shrimp and lemon juice, stirring to coat. Cover and microwave at HIGH for 4 minutes, stirring after 2 minutes. Stir in chopped dill. Cover and microwave at HIGH for 1 to 3 minutes or until shrimp turn pink.
- Let stand, covered, 1 minute. Stir in pimiento.
- Combine hot cooked egg noodles, 2 tablespoons butter, salt, and pepper; stir until butter melts. Arrange seasoned noodles on a serving platter. Top with shrimp mixture.
- Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:31.17, Glycemic Load:9.93, Inflammation Score:-7, Nutrition Score:11.687826141067%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg

Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 415.02kcal (20.75%), Fat: 21.47g (33.03%), Saturated Fat: 4.44g (27.72%), Carbohydrates: 21.85g (7.28%), Net Carbohydrates: 20.5g (7.45%), Sugar: 0.84g (0.93%), Cholesterol: 266.63mg (88.88%), Sodium: 602.9mg (26.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.54g (69.08%), Phosphorus: 395.67mg (39.57%), Copper: 0.68mg (34.18%), Selenium: 19.32µg (27.6%), Vitamin A: 1179.76IU (23.6%), Magnesium: 72.7mg (18.17%), Zinc: 2.6mg (17.36%), Manganese: 0.34mg (16.96%), Vitamin C: 12.34mg (14.96%), Potassium: 480.89mg (13.74%), Calcium: 120.53mg (12.05%), Vitamin K: 12.48µg (11.89%), Iron: 1.57mg (8.75%), Vitamin E: 0.98mg (6.54%), Fiber: 1.35g (5.42%), Vitamin B6: 0.08mg (4.05%), Folate: 10.83µg (2.71%), Vitamin B5: 0.25mg (2.45%), Vitamin B1: 0.03mg (2.27%), Vitamin B2: 0.04mg (2.24%), Vitamin B3: 0.44mg (2.19%), Vitamin B12: 0.1µg (1.59%)