



Dinner Tonight: Tequila Shrimp

 Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



467 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 teaspoon salt
- ☐ 1 spring onion thinly sliced
- ☐ 1.5 pounds shrimp deveined peeled
- ☐ 0.8 cup cream sour
- ☐ 0.5 cup tequila

Equipment

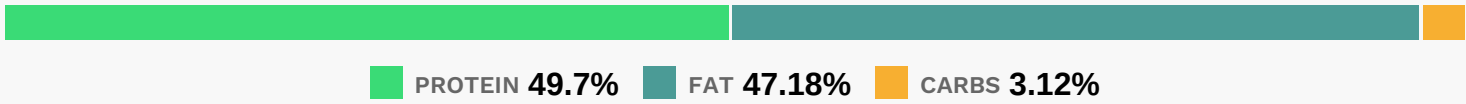
- ☐ bowl

☐ frying pan

Directions

- ☐ Melt the butter over medium high heat. When the butter is done foaming, add the shrimp. Cook until they are done, about 3 minutes.
- ☐ Remove the pan from the heat and add the tequila. If you're feeling particularly experienced with fire and have an extinguisher close, tilt the pan towards the open flame to ignite the alcohol. Then return it to the burner and cook until the flame subsides.
- ☐ Dump the contents into a bowl.
- ☐ Add the sour cream and the scallions, and sprinkle with salt.

Nutrition Facts



Properties

Glycemic Index:32.33, Glycemic Load:0.06, Inflammation Score:-5, Nutrition Score:10.429130385751%

Flavonoids

Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 467.23kcal (23.36%), Fat: 19.89g (30.6%), Saturated Fat: 10.84g (67.72%), Carbohydrates: 2.96g (0.99%), Net Carbohydrates: 2.86g (1.04%), Sugar: 2.06g (2.29%), Cholesterol: 419.13mg (139.71%), Sodium: 1123.93mg (48.87%), Alcohol: 13.36g (100%), Alcohol %: 4.99% (100%), Protein: 47.14g (94.28%), Phosphorus: 534.36mg (53.44%), Copper: 0.91mg (45.47%), Zinc: 3.27mg (21.81%), Magnesium: 86.14mg (21.53%), Calcium: 208.82mg (20.88%), Potassium: 684.86mg (19.57%), Vitamin A: 631.34IU (12.63%), Vitamin K: 9.8µg (9.33%), Iron: 1.3mg (7.24%), Vitamin B2: 0.1mg (6.15%), Manganese: 0.1mg (4.84%), Selenium: 2.25µg (3.21%), Vitamin E: 0.46mg (3.05%), Vitamin B12: 0.14µg (2.28%), Vitamin B5: 0.21mg (2.06%), Folate: 6.29µg (1.57%), Vitamin C: 1.27mg (1.54%), Vitamin B6: 0.03mg (1.33%), Vitamin B1: 0.02mg (1.1%)