



Fig-and-Horseradish-Glazed Shrimp

 Gluten Free

READY IN



19 min.

SERVINGS



15

CALORIES



71 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup apricot preserves
- ☐ 3 tablespoons butter
- ☐ 2 teaspoons dijon mustard
- ☐ 2 garlic cloves minced
- ☐ 2 tablespoons horseradish refrigerated
- ☐ 1 tablespoon olive oil
- ☐ 1 pound shrimp raw unpeeled ()

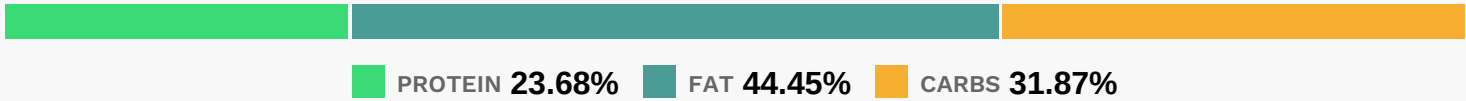
Equipment

☐ frying pan

Directions

- ☐ Peel shrimp; devein, if desired.
- ☐ Melt butter with oil in a large skillet over medium-high heat; add shrimp and garlic, and saut 2 minutes. Increase heat to high; stir in fig preserves, horseradish, and mustard, and saut 1 to 2 minutes or just until shrimp turn pink.
- ☐ Remove from heat, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:9.8, Glycemic Load:0.1, Inflammation Score:-1, Nutrition Score:2.579565199173%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 70.84kcal (3.54%), Fat: 3.56g (5.48%), Saturated Fat: 1.61g (10.05%), Carbohydrates: 5.75g (1.92%), Net Carbohydrates: 5.62g (2.04%), Sugar: 3.6g (4%), Cholesterol: 44.12mg (14.71%), Sodium: 208.13mg (9.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.27g (8.54%), Selenium: 9.48µg (13.54%), Phosphorus: 76.64mg (7.66%), Vitamin B12: 0.34µg (5.67%), Vitamin E: 0.61mg (4.08%), Copper: 0.07mg (3.29%), Vitamin B6: 0.06mg (2.86%), Vitamin A: 141.12IU (2.82%), Vitamin B3: 0.56mg (2.78%), Zinc: 0.33mg (2.17%), Calcium: 20.85mg (2.09%), Magnesium: 7.98mg (2%), Folate: 7.11µg (1.78%), Vitamin C: 1.32mg (1.6%), Potassium: 48.45mg (1.38%), Manganese: 0.02mg (1.2%), Vitamin B5: 0.1mg (1.05%)