



Firecracker Shrimp

 Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



552 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 servings rice hot cooked
- ☐ 0.5 teaspoon creole seasoning
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 2 tablespoons green onions chopped
- ☐ 0.1 teaspoon ground pepper red
- ☐ 0.3 teaspoon ground pepper black
- ☐ 3 tablespoons juice of lemon

- ☐ 1 tablespoon olive oil
- ☐ 0.3 teaspoon salt
- ☐ 1 pound shrimp unpeeled
- ☐ 1 cup whipping cream

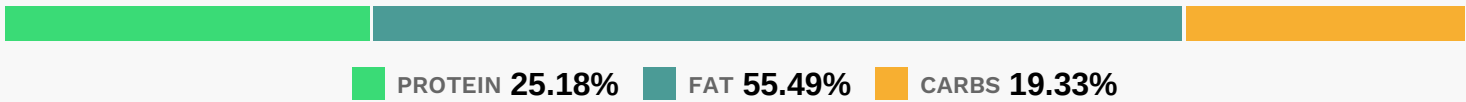
Equipment

- ☐ frying pan

Directions

- ☐ Peel shrimp, and devein, if desired.
- ☐ Combine Creole seasoning and next 3 ingredients; sprinkle over shrimp.
- ☐ Saut shrimp in hot oil in a large skillet 3 minutes.
- ☐ Add garlic and green onions; saut 1 minute.
- ☐ Add cream, and cook 2 minutes, stirring often. Stir in parsley and lemon juice.
- ☐ Serve immediately over rice or pasta.

Nutrition Facts



Properties

Glycemic Index:99.67, Glycemic Load:24.25, Inflammation Score:-7, Nutrition Score:15.100869614145%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 5.75mg, Apigenin: 5.75mg, Apigenin: 5.75mg, Apigenin: 5.75mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 552.47kcal (27.62%), Fat: 34.45g (53%), Saturated Fat: 19.13g (119.58%), Carbohydrates: 27.01g (9%), Net Carbohydrates: 26.26g (9.55%), Sugar: 2.91g (3.24%), Cholesterol: 333.07mg (111.02%), Sodium: 398.8mg (17.34%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.17g (70.34%), Vitamin K: 58µg (55.24%), Phosphorus: 412.32mg (41.23%), Copper: 0.67mg (33.7%), Vitamin A: 1606.09IU (32.12%), Manganese: 0.5mg (24.98%), Magnesium: 72.41mg (18.1%), Zinc: 2.69mg (17.94%), Calcium: 169.63mg (16.96%), Potassium: 562.15mg (16.06%), Vitamin C: 11.52mg (13.97%), Selenium: 8.68µg (12.39%), Vitamin E: 1.63mg (10.84%), Vitamin B2: 0.17mg (10.22%), Vitamin D: 1.27µg (8.46%), Iron: 1.37mg (7.61%), Vitamin B6: 0.15mg (7.42%), Vitamin B5: 0.56mg (5.58%), Folate: 15.69µg (3.92%), Vitamin B1: 0.05mg (3.02%), Fiber: 0.75g (3%), Vitamin B3: 0.49mg (2.44%), Vitamin B12: 0.13µg (2.12%)