



Fresh Gulf Shrimp with Barbecue Butter

READY IN



45 min.

SERVINGS



8

CALORIES



613 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup amber beer
- ☐ 0.5 pound barbecue butter cut into pieces
- ☐ 0.3 cup parsley fresh chopped
- ☐ 4 pounds shrimp fresh unpeeled
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 tablespoon seafood seasoning
- ☐ 8 servings sourdough bread french

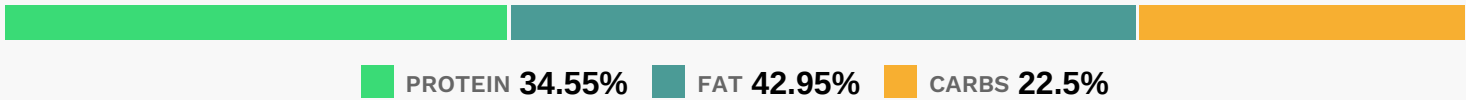
Equipment

☐ frying pan

Directions

- ☐ Peel shrimp, leaving heads and tails on; devein, if desired.
- ☐ Sprinkle shrimp with seafood seasoning.
- ☐ Heat oil in a large, deep skillet over medium-high heat.
- ☐ Add shrimp, and saut 5 minutes.
- ☐ Add beer, and cook 5 minutes or until beer is reduced by half.
- ☐ Reduce heat to medium-low; stir in 1/2 pound Barbecue Butter, 1 piece at a time, and cook, stirring constantly, until thick and creamy.
- ☐ Add parsley.
- ☐ Serve immediately with bread for dipping.

Nutrition Facts



Properties

Glycemic Index:25.38, Glycemic Load:25.95, Inflammation Score:-7, Nutrition Score:18.872608615004%

Flavonoids

Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 612.79kcal (30.64%), Fat: 29.25g (45%), Saturated Fat: 15.64g (97.76%), Carbohydrates: 34.47g (11.49%), Net Carbohydrates: 32.94g (11.98%), Sugar: 3.01g (3.34%), Cholesterol: 426.09mg (142.03%), Sodium: 839.59mg (36.5%), Alcohol: 0.86g (100%), Alcohol %: 0.31% (100%), Protein: 52.94g (105.89%), Phosphorus: 564.39mg (56.44%), Copper: 0.99mg (49.61%), Vitamin K: 39.32µg (37.44%), Vitamin B1: 0.46mg (30.66%), Selenium: 18.76µg (26.8%), Magnesium: 103.81mg (25.95%), Zinc: 3.77mg (25.12%), Manganese: 0.45mg (22.46%), Iron: 4mg (22.25%), Folate: 84.44µg (21.11%), Potassium: 700.24mg (20.01%), Calcium: 193.72mg (19.37%), Vitamin A: 879.56IU (17.59%), Vitamin B2: 0.29mg (17.13%), Vitamin B3: 3.25mg (16.25%), Vitamin E: 1.32mg (8.78%), Fiber: 1.53g (6.11%), Vitamin

B6: 0.09mg (4.39%), Vitamin C: 2.55mg (3.1%), Vitamin B5: 0.26mg (2.62%)