



## Grilled Beer and Butter Shrimp With Potatoes

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



401 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 12 ounce lager beer
- 0.3 cup parsley fresh chopped
- 4 servings kosher salt
- 0.8 teaspoon old bay seasoning
- 1.5 pounds potatoes halved
- 1 medium onion red cut into wedges
- 1.5 pounds shrimp deveined peeled (tails left on)
- 3 tablespoons butter unsalted cut into pieces

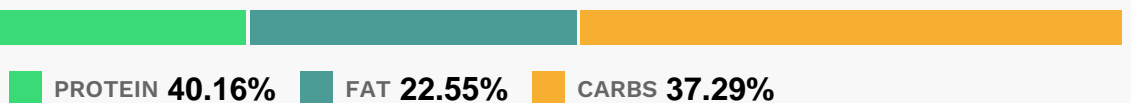
## Equipment

- bowl
- grill
- aluminum foil

## Directions

- Preheat a grill to medium high. Stack 2 large sheets of heavy-duty foil; spread the potatoes and onion wedges in the center. Fold up the sides to form a bowl shape. Dot the vegetables with 2 tablespoons butter and sprinkle with 1/2 teaspoon salt; pour in about two-thirds of the beer.
- Lay another large sheet of foil on top; crimp the edges to seal. Set the foil packet on the grill; cover and cook until the potatoes are fork-tender, 20 to 25 minutes. Meanwhile, stack 2 more large sheets of foil and spread the shrimp in the center. Fold up the sides to form a bowl shape. Dot the shrimp with the remaining 1 tablespoon butter, sprinkle with the Old Bay and pour in the remaining beer. Top with another sheet of foil; crimp the edges to seal. When the vegetables are almost done, add the shrimp foil packet to the grill; cover and cook until the shrimp are pink, 6 to 8 minutes.
- Sprinkle the vegetables with the parsley, and salt to taste.
- Serve with the shrimp and the cooking liquid from the packets.
- Photograph by Justin Walker

## Nutrition Facts



## Properties

Glycemic Index:45.81, Glycemic Load:23.58, Inflammation Score:-7, Nutrition Score:19.440000210119%

## Flavonoids

Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 2.28mg, Kaempferol: 2.28mg

Kaempferol: 2.28mg, Kaempferol: 2.28mg Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg Quercetin: 6.8mg, Quercetin: 6.8mg, Quercetin: 6.8mg, Quercetin: 6.8mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

## **Nutrients (% of daily need)**

Calories: 400.91kcal (20.05%), Fat: 9.62g (14.8%), Saturated Fat: 5.64g (35.24%), Carbohydrates: 35.79g (11.93%), Net Carbohydrates: 31.42g (11.42%), Sugar: 2.54g (2.82%), Cholesterol: 296.43mg (98.81%), Sodium: 414.27mg (18.01%), Alcohol: 3.32g (100%), Alcohol %: 0.9% (100%), Protein: 38.56g (77.11%), Vitamin K: 68.6µg (65.33%), Vitamin C: 40.58mg (49.18%), Phosphorus: 486.18mg (48.62%), Copper: 0.87mg (43.72%), Potassium: 1254.18mg (35.83%), Vitamin B6: 0.58mg (29.13%), Magnesium: 109.44mg (27.36%), Manganese: 0.39mg (19.56%), Zinc: 2.89mg (19.26%), Fiber: 4.38g (17.5%), Calcium: 150.55mg (15.06%), Iron: 2.65mg (14.75%), Vitamin A: 592.12IU (11.84%), Vitamin B3: 2.33mg (11.63%), Folate: 44.08µg (11.02%), Vitamin B1: 0.16mg (10.51%), Vitamin B5: 0.6mg (5.99%), Vitamin B2: 0.09mg (5.36%), Vitamin E: 0.3mg (1.99%), Selenium: 1.29µg (1.85%), Vitamin D: 0.16µg (1.05%)