



Jumbo Shrimp with Chive Butter



Gluten Free



Low Fod Map

READY IN



30 min.

SERVINGS



6

CALORIES



365 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup butter melted (2 sticks)
- ☐ 6 servings chives whole
- ☐ 0.3 cup dijon mustard
- ☐ 36 jumbo shrimp deveined uncooked peeled
- ☐ 0.3 cup juice of lemon fresh

Equipment

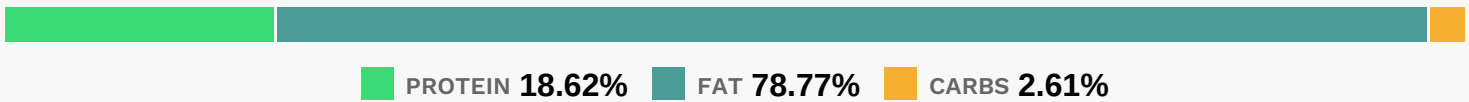
- ☐ bowl
- ☐ whisk

- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Preheat broiler.
- ☐ Place mustard in bowl; whisk in lemon juice, then melted butter.
- ☐ Add chopped chives. Season with pepper.
- ☐ Arrange shrimp, cut side up, on broiler pan.
- ☐ Brush with some of butter mixture. Broil until just cooked through, about 4 minutes. Arrange on plates and garnish with whole chives.
- ☐ Serve, passing remaining butter separately.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:21.17, Glycemic Load:0.05, Inflammation Score:-6, Nutrition Score:10.964782624141%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 365.33kcal (18.27%), Fat: 32.28g (49.66%), Saturated Fat: 19.62g (122.6%), Carbohydrates: 2.41g (0.8%), Net Carbohydrates: 1.91g (0.69%), Sugar: 0.44g (0.49%), Cholesterol: 232.54mg (77.51%), Sodium: 1036.72mg (45.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.16g (34.33%), Selenium: 39.44µg (56.35%), Phosphorus: 314.48mg (31.45%), Vitamin A: 1212.96IU (24.26%), Vitamin B12: 1.4µg (23.27%), Vitamin E: 2.52mg (16.77%), Copper: 0.23mg (11.46%), Vitamin B3: 2.22mg (11.12%), Vitamin B6: 0.21mg (10.38%), Zinc: 1.28mg (8.5%), Magnesium: 33.17mg (8.29%), Calcium: 81.95mg (8.19%), Folate: 27.74µg (6.94%), Vitamin C: 4.56mg (5.52%), Vitamin K: 5.29µg (5.04%), Potassium: 173.67mg (4.96%), Vitamin B5: 0.46mg (4.61%), Manganese: 0.08mg (4.15%), Vitamin B1: 0.05mg (3.25%), Iron: 0.45mg (2.49%), Vitamin B2: 0.04mg (2.38%), Fiber: 0.5g (2.01%)