



Marinated Shrimp with Champagne Beurre Blanc

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



365 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.3 teaspoon peppercorns whole black
- ☐ 1 cup sparkling wine dry
- ☐ 2 tablespoons citrus champagne vinegar
- ☐ 1 tablespoon chives fresh minced
- ☐ 1 tablespoon parsley fresh minced
- ☐ 1 tablespoon tarragon fresh minced

- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 3 tablespoons shallots minced
- ☐ 2 pounds shrimp with tail left intact, deveined uncooked peeled
- ☐ 1 cup butter unsalted chilled cut into 16 pieces (2 sticks)

Equipment

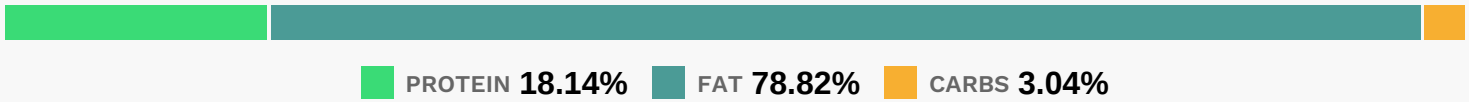
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ broiler
- ☐ ziploc bags
- ☐ broiler pan

Directions

- ☐ Combine Champagne, shallots, vinegar, and peppercorns in heavy medium saucepan. Boil until reduced to 1/4 cup liquid, about 20 minutes. (Can be made 4 hours ahead. Cover and let stand at room temperature.)
- ☐ Combine Champagne, olive oil, shallots, and ground pepper in resealable plastic bag.
- ☐ Add shrimp to bag and seal; shake bag to coat shrimp evenly. Marinate shrimp at room temperature at least 30 minutes and up to 1 hour, turning bag occasionally.
- ☐ Mix chives, tarragon, and parsley in small bowl.
- ☐ Preheat broiler. Spray broiler pan with nonstick vegetable oil spray.
- ☐ Drain shrimp; discard plastic bag with marinade. Arrange shrimp on prepared pan in single layer. Broil shrimp until just opaque in center, about 2 minutes per side. Stand 3 shrimp, tails upright, in center of each plate.
- ☐ Rewarm sauce base over medium-low heat.
- ☐ Whisk in butter 1 piece at a time, just allowing each to melt before adding next (do not boil or sauce will separate). Season beurre blanc to taste with salt and pepper.
- ☐ Spoon warm sauce around shrimp.

Sprinkle with fresh herbs and serve.

Nutrition Facts



Properties

Glycemic Index:30.13, Glycemic Load:0.46, Inflammation Score:-6, Nutrition Score:11.062174014423%

Flavonoids

Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 365.03kcal (18.25%), Fat: 30.99g (47.68%), Saturated Fat: 15.66g (97.87%), Carbohydrates: 2.69g (0.9%), Net Carbohydrates: 2.41g (0.88%), Sugar: 0.66g (0.74%), Cholesterol: 203.89mg (67.96%), Sodium: 648.79mg (28.21%), Alcohol: 1.89g (100%), Alcohol %: 1.28% (100%), Protein: 16.04g (32.09%), Selenium: 34.01µg (48.58%), Phosphorus: 294.14mg (29.41%), Vitamin B12: 1.31µg (21.78%), Vitamin E: 3.14mg (20.91%), Vitamin A: 1009.99IU (20.2%), Vitamin K: 15.85µg (15.09%), Copper: 0.23mg (11.43%), Vitamin B6: 0.23mg (11.25%), Vitamin B3: 2.16mg (10.78%), Calcium: 84.54mg (8.45%), Magnesium: 33.3mg (8.32%), Zinc: 1.21mg (8.07%), Manganese: 0.15mg (7.6%), Folate: 27.56µg (6.89%), Potassium: 208.76mg (5.96%), Iron: 0.81mg (4.48%), Vitamin B5: 0.4mg (4.01%), Vitamin D: 0.54µg (3.59%), Vitamin B2: 0.04mg (2.56%), Vitamin C: 1.64mg (1.99%), Vitamin B1: 0.03mg (1.97%), Fiber: 0.28g (1.11%)