



Mr. Story's BBQ Shrimp

READY IN



20 min.

SERVINGS



6

CALORIES



633 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 leaf flat parsley chopped
- 1 loaf bread french
- 4 sprigs thyme leaves fresh
- 1 tablespoon hot sauce
- 2 pounds extra-jumbo shrimp (per pound), shell left on
- 2 teaspoons kosher salt
- 0.5 cup juice of lime freshly squeezed
- 3 tablespoons olive oil
- 2 teaspoons coarse pepper black

- 2 sticks butter unsalted
- 2 tablespoons worcestershire sauce

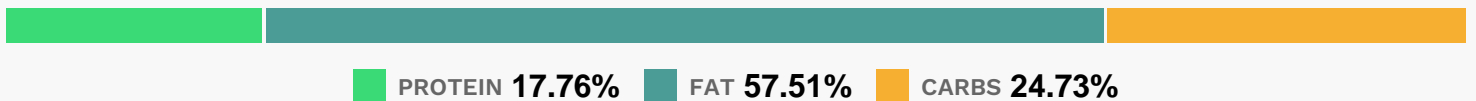
Equipment

- frying pan
- grill

Directions

- Heat the grill to high.
- Place a few large cazuelas or a large high-sided saute pan on the grates of the grill.
- Add the butter, pepper, salt, lime juice, hot sauce, Worcestershire and thyme and cook until the butter has melted and the mixture begins to simmer.
- While the butter mixture is melting, toss the shrimp with the oil and place on the grill in an even layer. Grill for 20 to 30 seconds per side then transfer to the butter mixture, stir to combine and cook until the shrimp are just cooked through, 4 to 5 minutes.
- Remove from the heat and stir in the parsley.
- While shrimp is cooking, split bread in half, sprinkle with olive oil and salt and pepper, and place on grill, cut side down, for 1 to 2 minutes until toasted.
- Serve shrimp with the grilled bread.

Nutrition Facts



Properties

Glycemic Index:31.58, Glycemic Load:26.79, Inflammation Score:-9, Nutrition Score:22.203913232555%

Flavonoids

Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 632.68kcal (31.63%), Fat: 40.75g (62.69%), Saturated Fat: 20.86g (130.35%), Carbohydrates: 39.42g (13.14%), Net Carbohydrates: 37.6g (13.67%), Sugar: 4.04g (4.49%), Cholesterol: 271.49mg (90.5%), Sodium: 2168.18mg (94.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.31g (56.61%), Selenium: 64.28µg (91.83%), Phosphorus: 456.28mg (45.63%), Vitamin B1: 0.52mg (34.43%), Vitamin B3: 6.01mg (30.07%), Vitamin B12: 1.74µg (29.04%), Folate: 115.12µg (28.78%), Vitamin E: 4.08mg (27.18%), Vitamin A: 1280.88IU (25.62%), Manganese: 0.5mg (24.91%), Copper: 0.41mg (20.67%), Vitamin B2: 0.34mg (19.81%), Iron: 3.5mg (19.43%), Vitamin B6: 0.33mg (16.57%), Magnesium: 60.12mg (15.03%), Zinc: 2.25mg (14.98%), Calcium: 140.85mg (14.08%), Vitamin C: 9.7mg (11.75%), Vitamin K: 11.83µg (11.26%), Potassium: 344.01mg (9.83%), Vitamin B5: 0.77mg (7.73%), Fiber: 1.82g (7.29%), Vitamin D: 0.72µg (4.77%)