



## New Orleans Barbecue Shrimp

READY IN



45 min.

SERVINGS



8

CALORIES



353 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup butter
- 0.3 cup chili sauce
- 2 tablespoons creole seasoning
- 8 servings bread french
- 4 garlic cloves chopped
- 1 teaspoon ground pepper red
- 0.5 teaspoon hot sauce
- 2 tablespoons juice of lemon
- 2 lemons sliced

- 0.5 cup olive oil
- 1 teaspoon oregano
- 1 teaspoon paprika
- 1 tablespoon parsley chopped
- 4 pounds shrimp fresh with heads on unpeeled
- 0.3 cup worcestershire sauce

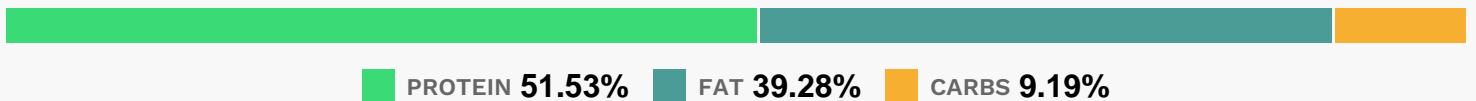
## Equipment

- sauce pan
- oven
- aluminum foil
- broiler pan

## Directions

- Spread shrimp in a shallow, aluminum foil-lined broiler pan.
- Combine butter and next 12 ingredients in a saucepan over low heat, stirring until butter melts, and pour over shrimp. Cover and chill 2 hours, turning shrimp every 30 minutes.
- Bake, uncovered, at 400 for 20 minutes; turn once.
- Serve with bread.

## Nutrition Facts



## Properties

Glycemic Index:37.75, Glycemic Load:1.15, Inflammation Score:-7, Nutrition Score:13.093913061463%

## Flavonoids

Eriodictyol: 5.95mg, Eriodictyol: 5.95mg, Eriodictyol: 5.95mg, Eriodictyol: 5.95mg Hesperetin: 8.08mg, Hesperetin: 8.08mg, Hesperetin: 8.08mg, Hesperetin: 8.08mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 1.09mg, Apigenin: 1.09mg, Apigenin: 1.09mg, Apigenin: 1.09mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg

0.02mg, Kaempferol: 0.02mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg  
Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

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

Calories: 352.79kcal (17.64%), Fat: 15.82g (24.33%), Saturated Fat: 7.98g (49.85%), Carbohydrates: 8.33g (2.78%),  
Net Carbohydrates: 6.69g (2.43%), Sugar: 3.03g (3.37%), Cholesterol: 395.64mg (131.88%), Sodium: 601.63mg  
(26.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.69g (93.38%), Phosphorus: 512.17mg (51.22%),  
Copper: 0.94mg (47.07%), Vitamin C: 20.72mg (25.11%), Vitamin A: 1219.71IU (24.39%), Potassium: 792.99mg  
(22.66%), Magnesium: 88.55mg (22.14%), Zinc: 3.19mg (21.25%), Calcium: 177.46mg (17.75%), Vitamin K: 14.35µg  
(13.66%), Iron: 2.24mg (12.47%), Vitamin E: 1.51mg (10.05%), Manganese: 0.16mg (8.05%), Fiber: 1.64g (6.58%),  
Vitamin B6: 0.1mg (5.13%), Vitamin B2: 0.05mg (3.1%), Vitamin B1: 0.04mg (2.86%), Folate: 9.96µg (2.49%), Vitamin  
B3: 0.47mg (2.33%), Selenium: 1.05µg (1.5%)