



New Orleans Barbeque Shrimp

 **Gluten Free**  **Popular**

READY IN



20 min.

SERVINGS



4

CALORIES



320 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup beer room temperature
- 0.5 cup butter
- 0.3 teaspoon cayenne pepper
- 1 teaspoon basil dried
- 0.5 teaspoon rosemary dried
- 0.5 teaspoon thyme leaves dried
- 4 cloves garlic minced
- 1 teaspoon garlic powder

- 1 teaspoon onion powder
- 0.3 teaspoon paprika
- 4 servings salt to taste
- 1 pound shrimp deveined peeled
- 1 tablespoon worcestershire sauce

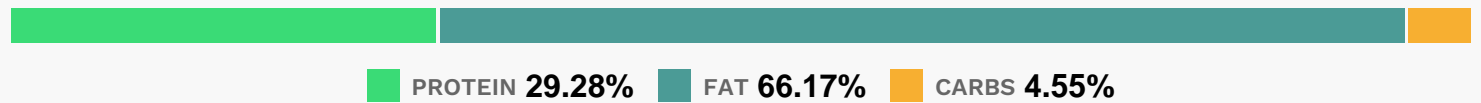
Equipment

- bowl
- frying pan

Directions

- In a small bowl, stir together the garlic powder, onion powder, basil, thyme, rosemary, cayenne pepper and paprika. Set aside.
- Melt the butter in a large skillet over medium heat.
- Add garlic; cook and stir until fragrant, about 1 minute.
- Add the shrimp and cook for a couple of minutes. Season with the spice mixture and continue to cook and stir for a few minutes.
- Pour in the beer and Worcestershire sauce; simmer until shrimp is cooked through, about 1 more minute. Taste and season with salt before serving.

Nutrition Facts



Properties

Glycemic Index:60.63, Glycemic Load:0.54, Inflammation Score:-6, Nutrition Score:6.7517391650573%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 319.95kcal (16%), Fat: 23.68g (36.43%), Saturated Fat: 14.72g (92.01%), Carbohydrates: 3.66g (1.22%), Net Carbohydrates: 3.21g (1.17%), Sugar: 0.56g (0.62%), Cholesterol: 243.58mg (81.19%), Sodium: 568.77mg (24.73%), Alcohol: 0.58g (100%), Alcohol %: 0.44% (100%), Protein: 23.58g (47.15%), Phosphorus: 265.24mg (26.52%), Copper: 0.48mg (23.84%), Vitamin A: 853.82IU (17.08%), Magnesium: 46.16mg (11.54%), Zinc: 1.67mg (11.13%), Potassium: 384.14mg (10.98%), Calcium: 101.27mg (10.13%), Vitamin K: 8.77µg (8.35%), Iron: 1.37mg (7.59%), Manganese: 0.14mg (7.14%), Vitamin E: 0.79mg (5.28%), Vitamin B6: 0.07mg (3.59%), Vitamin C: 1.78mg (2.16%), Vitamin B2: 0.03mg (1.79%), Fiber: 0.44g (1.78%), Selenium: 1.11µg (1.58%), Vitamin B1: 0.02mg (1.24%), Folate: 4.21µg (1.05%)