



New Orleans BBQ Shrimp

READY IN



45 min.

SERVINGS



6

CALORIES



473 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons apple cider vinegar
- 1 crusty baguette french
- 1 teaspoon peppercorns whole black
- 0.5 cup butter cold cut into cubes (1 stick)
- 2 tablespoons cajun spice
- 2 tablespoons canola oil
- 8 ounce bottled clam juice
- 2 bay leaves dried
- 6 cloves garlic peeled smashed

- 0.3 cup hot sauce
- 1 juice of lemon
- 12 ounce beer
- 2 pounds shrimp deveined peeled
- 0.3 cup worcestershire sauce

Equipment

- bowl
- frying pan
- sauce pan
- whisk

Directions

- Toss the shrimp with the Cajun seasoning in a medium bowl. Set aside.
- Heat the canola oil in a large saucepan over medium-high heat. Once it's hot, toss in the garlic, and sauté until golden, about 3 or 4 minutes.
- Add the shrimp to the pan, and cook until they turn bright pink, about 1 minute more.
- Remove the shrimp from the pan with a slotted spoon, and set aside on a plate.
- Pour in the beer, lemon juice, clam juice, hot sauce, Worcestershire sauce, apple-cider vinegar, bay leaves, and peppercorns; bring to a simmer, and cook for 15 minutes, until the liquid is slightly thickened.
- Whisk the cubes of butter into the sauce, and once it's melted, add the shrimp to finish cooking, about 2 minutes more.
- Serve the shrimp and sauce in bowls with loads of crusty bread for dipping.
- Mixt Greens (with Andrew Swallow), and, with Guy Fieri: Diners, Drive-Ins, and Dives; More Diners, Drive-Ins, and Dives; and Guy Fieri Food.

Nutrition Facts



PROTEIN 30.49% FAT 43.22% CARBS 26.29%

Properties

Glycemic Index:39.79, Glycemic Load:14.21, Inflammation Score:-8, Nutrition Score:15.641739127429%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 472.97kcal (23.65%), Fat: 22.38g (34.44%), Saturated Fat: 10.52g (65.73%), Carbohydrates: 30.64g (10.21%), Net Carbohydrates: 28.49g (10.36%), Sugar: 4.96g (5.51%), Cholesterol: 284.1mg (94.7%), Sodium: 1113.97mg (48.43%), Alcohol: 1.76g (100%), Alcohol %: 0.64% (100%), Protein: 35.54g (71.07%), Phosphorus: 400.54mg (40.05%), Copper: 0.72mg (35.92%), Vitamin A: 1710.2IU (34.2%), Manganese: 0.46mg (23.01%), Iron: 3.6mg (20%), Potassium: 690.94mg (19.74%), Magnesium: 77.59mg (19.4%), Vitamin B1: 0.28mg (18.77%), Calcium: 178.36mg (17.84%), Zinc: 2.59mg (17.27%), Vitamin C: 13.77mg (16.69%), Vitamin E: 2.14mg (14.24%), Folate: 55.51µg (13.88%), Vitamin B3: 2.58mg (12.92%), Vitamin B2: 0.21mg (12.38%), Selenium: 8.41µg (12.02%), Vitamin B6: 0.19mg (9.71%), Vitamin K: 9.38µg (8.93%), Fiber: 2.14g (8.57%), Vitamin B5: 0.33mg (3.31%)