



## New Orleans-Style Shrimp

READY IN



15 min.

SERVINGS



4

CALORIES



368 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.3 cup flat beer light
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.5 cup caesar dressing fat-free (such as Cardini's)
- ☐ 1 inch bread french
- ☐ 2 teaspoons rosemary fresh chopped
- ☐ 3 garlic cloves minced
- ☐ 2 tablespoons hot sauce
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 4 lemon wedges

- ☐ 2 tablespoons butter light
- ☐ 1.5 pounds shrimp unpeeled
- ☐ 3 tablespoons worcestershire sauce low-sodium

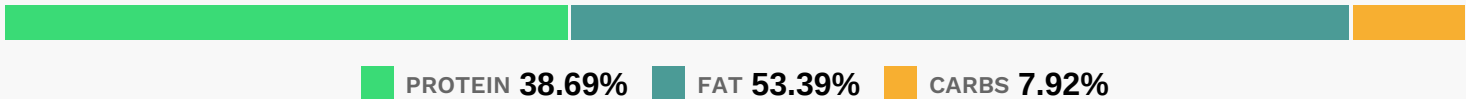
## Equipment

- ☐ bowl
- ☐ frying pan

## Directions

- ☐ Melt butter in a large nonstick skillet over medium-high heat.
- ☐ Add garlic, and cook 1 to 2 minutes or until tender.
- ☐ Add pepper and next 5 ingredients; bring to a boil.
- ☐ Add shrimp, and cook 4 minutes.
- ☐ Add beer; cook 1 minute or until shrimp are done.
- ☐ Divide shrimp and sauce evenly among 4 shallow bowls.
- ☐ Serve with French bread and lemon wedges.

## Nutrition Facts



## Properties

Glycemic Index:42, Glycemic Load:0.79, Inflammation Score:-3, Nutrition Score:10.746086812538%

## Flavonoids

Eriodictyol: 4.21mg, Eriodictyol: 4.21mg, Eriodictyol: 4.21mg, Eriodictyol: 4.21mg Hesperetin: 6.11mg, Hesperetin: 6.11mg, Hesperetin: 6.11mg, Hesperetin: 6.11mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

## Nutrients (% of daily need)

Calories: 367.6kcal (18.38%), Fat: 21.84g (33.6%), Saturated Fat: 5.18g (32.37%), Carbohydrates: 7.29g (2.43%), Net Carbohydrates: 6.47g (2.35%), Sugar: 2.89g (3.21%), Cholesterol: 292.73mg (97.58%), Sodium: 903.41mg (39.28%),

Alcohol: 0.61g (100%), Alcohol %: 0.28% (100%), Protein: 35.6g (71.2%), Phosphorus: 390.71mg (39.07%), Copper: 0.72mg (35.78%), Vitamin K: 31.92µg (30.4%), Vitamin C: 19.76mg (23.96%), Potassium: 624.02mg (17.83%), Magnesium: 66.57mg (16.64%), Zinc: 2.41mg (16.09%), Calcium: 152.07mg (15.21%), Iron: 2.2mg (12.2%), Vitamin E: 1.57mg (10.43%), Manganese: 0.15mg (7.56%), Vitamin B6: 0.07mg (3.61%), Fiber: 0.82g (3.3%), Vitamin A: 156.89IU (3.14%), Vitamin B2: 0.04mg (2.54%), Vitamin B1: 0.03mg (2.28%), Folate: 7.67µg (1.92%), Selenium: 1.28µg (1.82%), Vitamin B3: 0.27mg (1.35%), Vitamin B5: 0.1mg (1.01%)