



No Fuss Peel n'Eat Shrimp

 Gluten Free  Dairy Free

READY IN



27 min.

SERVINGS



4

CALORIES



634 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon capers
- 0.3 teaspoon cayenne pepper
- 1 clove garlic clove smashed
- 1 teaspoon horseradish prepared
- 0.5 teaspoon sauce red hot (recommended: Frank's)
- 1.3 cups mayonnaise
- 0.3 teaspoon paprika hot
- 1 tablespoon juice of 1 mandarin (cut crosswise then tablespoon into jar over a strainer)

- 1 tablespoon seafood seasoning (recommended: Old Bay)
- 1 pound shell-on shrimp deveined
- 0.3 cup mustard stone-ground
- 1.5 tablespoons vegetable oil

Equipment

- food processor
- oven

Directions

- Watch how to make this recipe.
- Special equipment: a food processor
- Preheat oven to 350 degrees F.
- Toss shrimp evenly in oil and seasoning and bake on a sheet tray for 10 to 12 minutes, flipping halfway through.
- Serve with Spicy Remoulade sauce as dip.
- Place all ingredients into a food processor and blend until smooth. Chill until ready to serve.

Nutrition Facts

■ PROTEIN 15.3% ■ FAT 82.96% ■ CARBS 1.74%

Properties

Glycemic Index:48.5, Glycemic Load:0.37, Inflammation Score:-3, Nutrition Score:11.619565227757%

Flavonoids

Kaempferol: 2.63mg, Kaempferol: 2.63mg, Kaempferol: 2.63mg, Kaempferol: 2.63mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.46mg, Quercetin: 3.46mg, Quercetin: 3.46mg, Quercetin: 3.46mg

Nutrients (% of daily need)

Calories: 634.02kcal (31.7%), Fat: 58.71g (90.32%), Saturated Fat: 9.17g (57.3%), Carbohydrates: 2.77g (0.92%), Net Carbohydrates: 1.79g (0.65%), Sugar: 0.79g (0.88%), Cholesterol: 211.97mg (70.66%), Sodium: 886.12mg (38.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.36g (48.73%), Vitamin K: 132.49µg (126.18%), Phosphorus:

278.38mg (27.84%), Copper: 0.49mg (24.42%), Vitamin E: 2.87mg (19.15%), Magnesium: 51.7mg (12.92%), Zinc: 1.79mg (11.93%), Selenium: 7.16µg (10.23%), Potassium: 355.8mg (10.17%), Calcium: 101.27mg (10.13%), Manganese: 0.2mg (9.8%), Iron: 1.43mg (7.92%), Vitamin A: 199.3IU (3.99%), Fiber: 0.98g (3.92%), Vitamin B1: 0.04mg (2.79%), Vitamin B6: 0.05mg (2.3%), Vitamin B2: 0.03mg (1.89%), Folate: 7.36µg (1.84%), Vitamin B5: 0.18mg (1.76%), Vitamin B12: 0.08µg (1.4%), Vitamin C: 0.91mg (1.1%)