



WHATSheATE



Roasted Shrimp with Champagne-Shallot Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



347 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup butter diced room temperature (1 stick)
- ☐ 2 cups brut champagne
- ☐ 3.5 teaspoons thyme leaves fresh divided chopped
- ☐ 8 servings lake green beans blue with lemon and thyme
- ☐ 2.3 teaspoons lemon zest divided finely grated
- ☐ 3.5 tablespoons olive oil plus additional for brushing
- ☐ 2 tablespoons parsley fresh italian chopped

- ☐ 0.5 cup shallots minced
- ☐ 2.8 pounds shrimp deveined uncooked peeled per pound), , , tails left intact

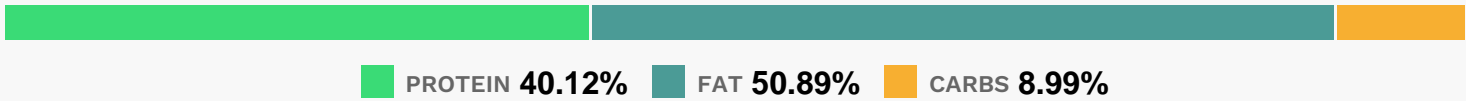
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Simmer Champagne and shallots until reduced to 1/2 cup, about 25 minutes. do ahead Sauce base can be made 2 days ahead. Cover; chill in pan.
- ☐ Combine 3 1/2 tablespoons oil, shrimp, 2 1/2 teaspoons thyme, and 1 3/4 teaspoons lemon peel in large bowl; sprinkle with salt and pepper. Toss. DO AHEAD Can be made 2 hours ahead; cover and chill, tossing occasionally.
- ☐ Position 1 rack in bottom third and 1 rack in top third of oven. Preheat to 450°F.
- ☐ Brush 2 heavy large rimmed baking sheets with oil. Arrange shrimp on sheets. Roast until opaque, 6 minutes.
- ☐ Meanwhile, bring sauce base to simmer; remove from heat.
- ☐ Whisk in butter in 4 additions.
- ☐ Whisk in remaining 1 teaspoon thyme and 1/2 teaspoon lemon peel. Season with salt.
- ☐ Arrange green beans on large platter; top with shrimp. Spoon some sauce over; sprinkle with parsley.
- ☐ Serve, passing remaining sauce separately.

Nutrition Facts



Properties

Glycemic Index:25.38, Glycemic Load:1.74, Inflammation Score:-8, Nutrition Score:12.2873912233337%

Flavonoids

Apigenin: 2.18mg, Apigenin: 2.18mg, Apigenin: 2.18mg, Apigenin: 2.18mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

Nutrients (% of daily need)

Calories: 346.52kcal (17.33%), Fat: 18.59g (28.59%), Saturated Fat: 8.33g (52.07%), Carbohydrates: 7.38g (2.46%), Net Carbohydrates: 5.21g (1.89%), Sugar: 3.68g (4.08%), Cholesterol: 281.54mg (93.85%), Sodium: 286.77mg (12.47%), Alcohol: 3.78g (100%), Alcohol %: 1.56% (100%), Protein: 32.97g (65.93%), Vitamin K: 44.85µg (42.71%), Phosphorus: 377.28mg (37.73%), Copper: 0.67mg (33.7%), Magnesium: 79.6mg (19.9%), Potassium: 644.23mg (18.41%), Vitamin A: 860.73IU (17.21%), Zinc: 2.37mg (15.79%), Calcium: 140.07mg (14.01%), Vitamin C: 11.35mg (13.76%), Manganese: 0.23mg (11.5%), Iron: 2.05mg (11.37%), Vitamin E: 1.45mg (9.68%), Fiber: 2.17g (8.69%), Vitamin B6: 0.15mg (7.29%), Folate: 26.18µg (6.54%), Vitamin B2: 0.08mg (4.5%), Vitamin B1: 0.06mg (3.75%), Vitamin B3: 0.53mg (2.65%), Vitamin B5: 0.19mg (1.92%), Selenium: 0.77µg (1.1%)