



Sauteed Shrimp

READY IN



45 min.

SERVINGS



4

CALORIES



280 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup chicken broth
- 0.5 cup flour all-purpose
- 1 leaf flat parsley fresh chopped for garnish
- 2 garlic cloves finely chopped
- 1 juice of lemon juiced
- 1 pound shrimp deveined peeled
- 2 tablespoons olive oil
- 4 servings sea salt and pepper black freshly ground
- 2 shallots finely chopped

2 tablespoons butter unsalted

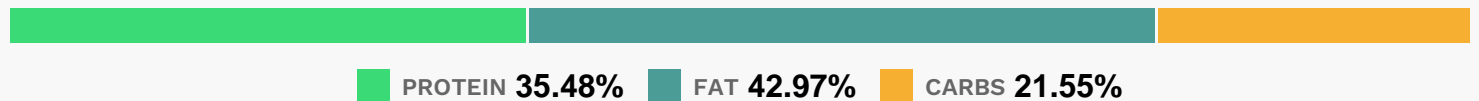
Equipment

frying pan

Directions

- Put the flour on a plate and season with a healthy amount of salt and pepper; mix with a fork to combine evenly. Dredge the shrimp in the seasoned flour to coat all sides.
- Heat the butter and oil in a heavy bottomed pan over medium heat until butter stops foaming and just starts to turn a light brown.
- Add the shrimp, and give it a toss, saute for 5 minutes until the shrimp is firm and there is a crispy coating on the outside.
- Remove the shrimp to a side plate and cover to keep warm.
- Put the pan back on the heat and add the garlic and shallots. Cook and stir for 1 minute until soft.
- Add the lemon juice and chicken broth, give it a stir and let it cook down for 1 minute to thicken slightly.
- Put the shrimp back in the pan and coat in the lemon sauce. Season with salt and pepper and garnish with chopped parsley before serving.

Nutrition Facts



Properties

Glycemic Index:49.75, Glycemic Load:9.29, Inflammation Score:-3, Nutrition Score:8.2191303657449%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 280.32kcal (14.02%), Fat: 13.51g (20.79%), Saturated Fat: 4.71g (29.45%), Carbohydrates: 15.25g (5.08%), Net Carbohydrates: 14.34g (5.21%), Sugar: 1.36g (1.51%), Cholesterol: 198.21mg (66.07%), Sodium: 247.14mg (10.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.11g (50.21%), Phosphorus: 273.1mg (27.31%), Copper: 0.49mg (24.49%), Magnesium: 47.31mg (11.83%), Manganese: 0.23mg (11.67%), Zinc: 1.73mg (11.54%), Potassium: 381.33mg (10.9%), Vitamin B1: 0.14mg (9.45%), Iron: 1.58mg (8.79%), Folate: 35µg (8.75%), Vitamin K: 9.14µg (8.7%), Calcium: 86.42mg (8.64%), Selenium: 5.86µg (8.37%), Vitamin E: 1.21mg (8.08%), Vitamin B2: 0.1mg (6.04%), Vitamin C: 4.7mg (5.7%), Vitamin B3: 1.04mg (5.18%), Vitamin A: 198.21IU (3.96%), Fiber: 0.91g (3.64%), Vitamin B6: 0.07mg (3.64%), Vitamin B5: 0.14mg (1.36%)