



Serious Heat: Sizzling Shrimp Popcorn with Jalapeños

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



395 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 pound butter unsalted sweet whole
- 2 jalapeno sliced
- 0.8 cup parmesan
- 0.5 cup flat parsley italian roughly chopped
- 0.3 cup popcorn kernels
- 4 servings salt and pepper to taste
- 1 cup shrimp

1 tablespoon butter unsalted

Equipment

bowl

frying pan

mixing bowl

pot

Directions

In a 3-quart stock pot, melt butter over medium heat.

Add popcorn kernels and heat until all popped.

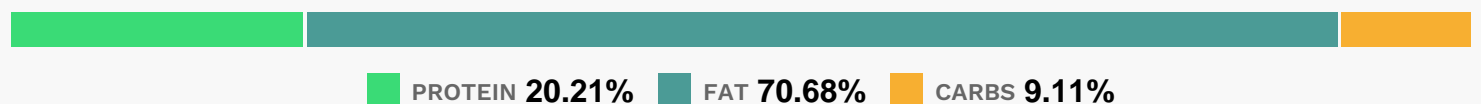
Transfer from pot into large mixing bowl and toss in salt and pepper. In a saute pan, melt butter over medium heat.

Add shrimp and saute for 1 to 2 minutes, constantly stirring, being careful not to overcook shrimp. Finish with salt and pepper. Off heat, add parsley and jalapeños, stirring to combine.

Remove from heat, and pour the contents of the pan with the shrimp over the popcorn. Toss until the popcorn is well coated.

Place in a large serving bowl and garnish with Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:22.75, Glycemic Load:0.32, Inflammation Score:-8, Nutrition Score:14.091304468072%

Flavonoids

Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 395.3kcal (19.77%), Fat: 31.5g (48.47%), Saturated Fat: 19.58g (122.37%), Carbohydrates: 9.14g (3.05%), Net Carbohydrates: 7.39g (2.69%), Sugar: 0.61g (0.68%), Cholesterol: 176.45mg (58.82%), Sodium: 573.18mg (24.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.26g (40.53%), Vitamin K: 126.84µg (120.8%), Vitamin A: 1649.62IU (32.99%), Phosphorus: 301.16mg (30.12%), Calcium: 279.32mg (27.93%), Vitamin C: 18.28mg (22.15%), Copper: 0.28mg (14.01%), Magnesium: 47mg (11.75%), Zinc: 1.71mg (11.4%), Potassium: 268.08mg (7.66%), Vitamin E: 1.11mg (7.42%), Manganese: 0.14mg (7.13%), Iron: 1.26mg (7.02%), Fiber: 1.75g (6.98%), Selenium: 4.57µg (6.53%), Folate: 21.91µg (5.48%), Vitamin B2: 0.09mg (5.3%), Vitamin B12: 0.28µg (4.65%), Vitamin B6: 0.08mg (4.18%), Vitamin D: 0.57µg (3.81%), Vitamin B1: 0.05mg (3.38%), Vitamin B5: 0.21mg (2.13%), Vitamin B3: 0.42mg (2.08%)