



Sharing potted shrimp



Gluten Free



Low Fod Map

READY IN



5 min.

SERVINGS



4

CALORIES



511 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 250 g pack butter unsalted
- ☐ 1 bay leaf
- ☐ 280 g brown shrimp cooked peeled
- ☐ 0.3 tsp mace
- ☐ 2 pinches cayenne pepper good
- ☐ 0.5 juice of lemon

Equipment

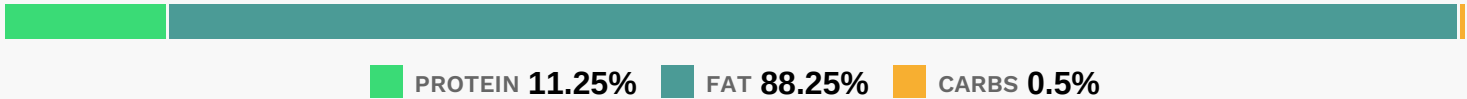
- ☐ bowl

- ☐ frying pan
- ☐ microwave

Directions

- ☐ Melt the butter with the bay leaf in a pan or in a bowl in the microwave for 1 min.
- ☐ Add the shrimps, mace, a good pinch of cayenne pepper, the lemon juice and some seasoning.
- ☐ Mix everything together well.
- ☐ Tip the mixture into a shallow souffl or gratin dish, or a jar, put the bay leaf on top and sprinkle with a pinch extra cayenne. Chill for at least 2 hrs, or up to 3 days before serving.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.05, Inflammation Score:-7, Nutrition Score:5.5947826206684%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 510.62kcal (25.53%), Fat: 51.18g (78.74%), Saturated Fat: 32.2g (201.28%), Carbohydrates: 0.65g (0.22%), Net Carbohydrates: 0.48g (0.17%), Sugar: 0.18g (0.2%), Cholesterol: 247.07mg (82.36%), Sodium: 90.45mg (3.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.68g (29.37%), Vitamin A: 1772.55IU (35.45%), Phosphorus: 166.71mg (16.67%), Copper: 0.29mg (14.44%), Vitamin E: 1.6mg (10.7%), Zinc: 1.01mg (6.75%), Magnesium: 26.94mg (6.73%), Vitamin D: 0.94µg (6.25%), Calcium: 61.24mg (6.12%), Potassium: 214.36mg (6.12%), Vitamin K: 4.78µg (4.55%), Iron: 0.44mg (2.47%), Vitamin C: 1.87mg (2.26%), Manganese: 0.04mg (1.98%), Vitamin B12: 0.11µg (1.77%), Vitamin B2: 0.03mg (1.59%)