



Shrimp a la Diablo

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



539 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 7 ounce chipotle peppers in adobo sauce canned
- 8 ounce cream cheese softened philadelphia® (such as)
- 0.5 cup milk
- 3 pounds shrimp deveined peeled

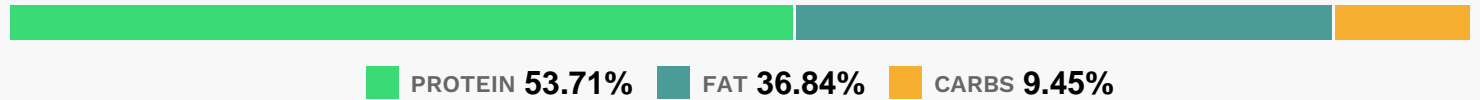
Equipment

- sauce pan
- blender

Directions

- Puree chipotle peppers in adobo sauce in a blender until smooth.
- Add cream cheese and milk to the pureed pepper mixture; blend until smooth.
- Pour the sauce mixture into a saucepan and bring to a boil.
- Add shrimp and cook until pink and no longer opaque in the center, about 2 minutes.

Nutrition Facts



Properties

Glycemic Index:16.25, Glycemic Load:1.39, Inflammation Score:-5, Nutrition Score:16.227825969458%

Nutrients (% of daily need)

Calories: 538.99kcal (26.95%), Fat: 22.22g (34.18%), Saturated Fat: 12.36g (77.28%), Carbohydrates: 12.82g (4.27%), Net Carbohydrates: 7.86g (2.86%), Sugar: 6.91g (7.68%), Cholesterol: 608.64mg (202.88%), Sodium: 594.95mg (25.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 72.87g (145.73%), Phosphorus: 819.49mg (81.95%), Copper: 1.34mg (67.03%), Zinc: 4.97mg (33.11%), Magnesium: 127.83mg (31.96%), Calcium: 310.24mg (31.02%), Potassium: 1018.71mg (29.11%), Fiber: 4.96g (19.84%), Iron: 3.02mg (16.79%), Vitamin A: 813.36IU (16.27%), Vitamin B2: 0.17mg (10.15%), Selenium: 5.46µg (7.79%), Manganese: 0.12mg (5.99%), Vitamin B12: 0.29µg (4.82%), Vitamin B5: 0.44mg (4.37%), Vitamin E: 0.5mg (3.35%), Vitamin B6: 0.05mg (2.52%), Vitamin D: 0.34µg (2.24%), Vitamin B1: 0.03mg (2.01%), Folate: 5.1µg (1.28%), Vitamin K: 1.28µg (1.22%)