



Shrimp and Lobster Key Lime

 Gluten Free

READY IN



31 min.

SERVINGS



2

CALORIES



556 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons butter
- 2 tablespoons chablis wine
- 2 cups rice long-grain cooked
- 8 ounces mushrooms fresh sliced
- 8 ounces garlic spread mixed with 1 tablespoon minced garlic)
- 2 tablespoons hot sauce louisiana-style
- 1 tablespoon key lime juice fresh
- 2 tablespoons scallions chopped

9 medium size shrimp cleaned peeled (21 to 25 count or medium-size)

Equipment

bowl

sauce pan

Directions

In a large saucepan over medium heat, melt the butter.

Add shrimp and lobster and saute until the shrimp turns pink, about 2 to 3 minutes (be careful not to overcook).

Add the mushrooms and scallions, and saute until just tender, about 2 minutes.

Add the Chablis and Key Lime

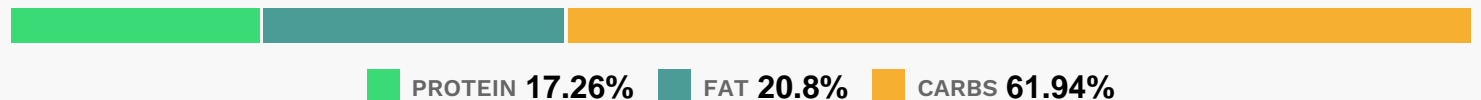
Mix and continue cooking until Key Lime

Mix melts and is thoroughly mixed throughout the seafood.

Serve over rice.

In a small bowl, mix all ingredients together.

Nutrition Facts



Properties

Glycemic Index:134, Glycemic Load:59.33, Inflammation Score:-8, Nutrition Score:29.917391377947%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 1.83mg, Myricetin: 1.83mg, Myricetin: 1.83mg, Myricetin: 1.83mg Quercetin: 2.65mg, Quercetin: 2.65mg, Quercetin: 2.65mg, Quercetin: 2.65mg

Nutrients (% of daily need)

Calories: 555.59kcal (27.78%), Fat: 13.04g (20.07%), Saturated Fat: 7.53g (47.06%), Carbohydrates: 87.37g (29.12%), Net Carbohydrates: 83g (30.18%), Sugar: 4.04g (4.49%), Cholesterol: 102.55mg (34.18%), Sodium:

515.54mg (22.41%), Alcohol: 1.58g (100%), Alcohol %: 0.41% (100%), Protein: 24.35g (48.7%), Manganese: 2.74mg (137.23%), Vitamin B6: 1.71mg (85.29%), Vitamin C: 50.86mg (61.65%), Selenium: 38.7µg (55.28%), Copper: 1mg (49.79%), Phosphorus: 445.98mg (44.6%), Vitamin B2: 0.62mg (36.75%), Vitamin B5: 3.04mg (30.4%), Potassium: 1047.35mg (29.92%), Vitamin B3: 5.62mg (28.08%), Calcium: 264.35mg (26.44%), Vitamin B1: 0.36mg (24.1%), Zinc: 3.36mg (22.38%), Magnesium: 77.47mg (19.37%), Iron: 3.25mg (18.03%), Fiber: 4.37g (17.49%), Vitamin K: 15.68µg (14.94%), Vitamin A: 444.7IU (8.89%), Folate: 33.36µg (8.34%), Vitamin E: 0.56mg (3.7%), Vitamin D: 0.23µg (1.51%), Vitamin B12: 0.07µg (1.15%)