



Shrimp and Shallot Newburg

READY IN



45 min.

SERVINGS



5

CALORIES



295 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 slices firm-textured bread white (4 oz. total; see notes)
- ☐ 2 tablespoons butter
- ☐ 0.3 cup cooking sherry dry
- ☐ 0.3 cup flour all-purpose
- ☐ 2.5 cups milk 2% low-fat ()
- ☐ 5 servings salt white black
- ☐ 8 ounces shallots peeled
- ☐ 1 pound tiny shrimp frozen shelled thawed cooked

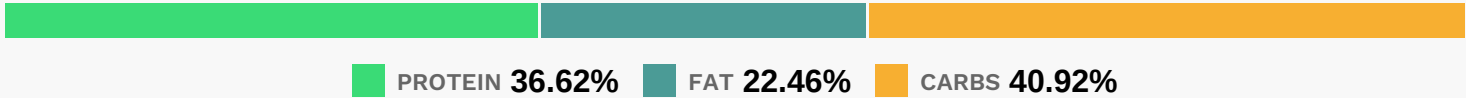
Equipment

- ☐ frying pan
- ☐ whisk

Directions

- ☐ Melt butter in a 4- to 5-quart pan over medium-high heat; add shallots and stir often until limp, about 3 minutes.
- ☐ Sprinkle flour over shallots and stir until well mixed, about 1 minute.
- ☐ Whisk in milk and stir until mixture boils and thickens, about 5 minutes.
- ☐ Add sherry and salt and pepper to taste; reduce heat and simmer, stirring occasionally, to blend flavors, about 5 minutes.
- ☐ Meanwhile, toast bread; trim off and discard crusts if desired. Rinse and drain shrimp.
- ☐ Add shrimp to sauce and stir often just until simmering again, about 2 minutes.
- ☐ Set a slice of toast on each plate. Spoon hot shrimp Newburg equally over toast.

Nutrition Facts



Properties

Glycemic Index:42.13, Glycemic Load:11.08, Inflammation Score:-6, Nutrition Score:13.48652160686%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg

Nutrients (% of daily need)

Calories: 294.99kcal (14.75%), Fat: 7.22g (11.1%), Saturated Fat: 1.87g (11.7%), Carbohydrates: 29.58g (9.86%), Net Carbohydrates: 27.04g (9.83%), Sugar: 10.84g (12.04%), Cholesterol: 151.96mg (50.65%), Sodium: 318.92mg (13.87%), Alcohol: 1.24g (100%), Alcohol %: 0.52% (100%), Protein: 26.47g (52.94%), Phosphorus: 382.15mg (38.21%), Calcium: 255.66mg (25.57%), Manganese: 0.5mg (25.12%), Copper: 0.44mg (21.99%), Potassium: 629.09mg (17.97%), Magnesium: 67.53mg (16.88%), Selenium: 11.61µg (16.58%), Vitamin B1: 0.24mg (15.79%), Vitamin B2:

0.27mg (15.63%), Zinc: 2.2mg (14.65%), Vitamin B6: 0.26mg (13.08%), Folate: 48.45µg (12.11%), Vitamin B12: 0.73µg (12.09%), Iron: 2.15mg (11.97%), Fiber: 2.54g (10.17%), Vitamin B3: 1.86mg (9.3%), Vitamin A: 434.4IU (8.69%), Vitamin D: 1.3µg (8.65%), Vitamin B5: 0.78mg (7.8%), Vitamin C: 3.68mg (4.47%), Vitamin E: 0.26mg (1.75%), Vitamin K: 1.81µg (1.72%)