



Shrimp and 'Shrooms with Sherry

 Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



212 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon peppercorns black
- 2 tablespoons butter
- 0.3 cup cooking sherry dry
- 2 bay leaves fresh
- 0.5 cup flat-leaf parsley fresh
- 2 tablespoons thyme leaves fresh
- 6 cloves garlic peeled
- 1.3 pounds very mushrooms white

- 3 tablespoons olive oil extra-virgin
- 1 tablespoon orange zest
- 1 chile pepper red chopped
- 0.5 medium onion red coarsely chopped
- 1 pound shrimp deveined peeled

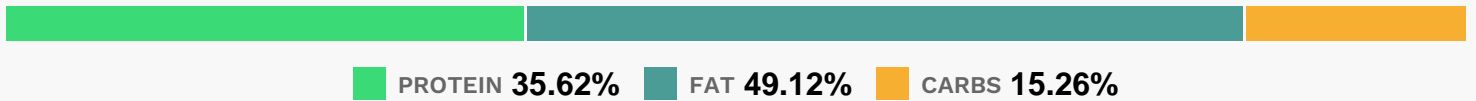
Equipment

- food processor
- frying pan

Directions

- In a food processor, process the parsley, onion, bay leaves, garlic, peppercorns, orange zest, thyme leaves, and chile into a paste.
- Heat the extra-virgin olive oil, 3 turns of the pan, in a large skillet over medium-high heat. Lightly brown the mushrooms for about 8 to 10 minutes, and then add the paste to the pan and stir.
- Add the shrimp and cook until they are pink and firm. Deglaze the pan with sherry, add the butter, and toss to melt.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:51.33, Glycemic Load:1.82, Inflammation Score:-10, Nutrition Score:16.986087094183%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg 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 Apigenin: 10.84mg, Apigenin: 10.84mg, Apigenin: 10.84mg, Apigenin: 10.84mg Luteolin: 1.12mg, Luteolin: 1.12mg, Luteolin: 1.12mg, Luteolin: 1.12mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.14mg, Kaempferol:

0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.79mg, Myricetin: 0.79mg, Myricetin: 0.79mg, Myricetin: 0.79mg Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg

Nutrients (% of daily need)

Calories: 211.87kcal (10.59%), Fat: 11.69g (17.98%), Saturated Fat: 3.54g (22.12%), Carbohydrates: 8.17g (2.72%), Net Carbohydrates: 5.86g (2.13%), Sugar: 2.87g (3.19%), Cholesterol: 131.75mg (43.92%), Sodium: 130.43mg (5.67%), Alcohol: 1.37g (100%), Alcohol %: 0.77% (100%), Protein: 19.07g (38.13%), Vitamin K: 90.46µg (86.15%), Copper: 0.66mg (33.12%), Vitamin C: 26.14mg (31.68%), Phosphorus: 265.3mg (26.53%), Vitamin B2: 0.42mg (24.45%), Manganese: 0.42mg (21.22%), Vitamin B3: 3.69mg (18.45%), Potassium: 626.66mg (17.9%), Vitamin B5: 1.53mg (15.28%), Vitamin A: 735.91IU (14.72%), Selenium: 9.46µg (13.51%), Magnesium: 49.13mg (12.28%), Zinc: 1.71mg (11.43%), Iron: 1.99mg (11.06%), Vitamin B6: 0.21mg (10.55%), Fiber: 2.3g (9.22%), Calcium: 87.82mg (8.78%), Vitamin E: 1.24mg (8.26%), Folate: 29.19µg (7.3%), Vitamin B1: 0.1mg (6.77%), Vitamin D: 0.19µg (1.26%)