



## Shrimp and Spinach in Saffron Cream

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



340 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup cooking wine dry white
- 1 large garlic clove minced
- 0.7 cup heavy cream
- 2 teaspoons juice of lemon fresh
- 1 tablespoon olive oil
- 1 medium plum tomatoes seeded cut into 1/2 -inch dice
- 0.3 teaspoon saffron threads
- 4 servings salt and pepper freshly ground

- 2 large shallots minced
- 1 pound shrimp shelled deveined
- 2 tablespoons shrimp stock
- 1 pound spinach leaves--washed thoroughly but not dried
- 1 tablespoon butter unsalted

## Equipment

- bowl
- frying pan
- colander

## Directions

- Crush the saffron threads in a small bowl.
- Pour in the wine and let steep while you proceed.
- Heat a large nonreactive skillet over high heat.
- Add handfuls of the spinach, with water clinging to it, to the pan, stirring to wilt the leaves before each addition. Continue until all the spinach has wilted.
- Transfer the spinach to a colander to drain well and then chop it coarsely. Wipe out the skillet.
- Melt the butter in the skillet over moderate heat. When the foam subsides, add the shrimp, season with salt and pepper and cook, stirring, until pink and starting to curl, about 3 minutes.
- Transfer the shrimp and any cooking juices to a plate.
- Heat the oil in the skillet.
- Add the shallots and cook over moderate heat until softened, about 4 minutes.
- Add the garlic and cook until fragrant, about 1 minute. Increase the heat to moderately high and add the wine with the saffron. Boil until the wine is reduced by half.
- Stir in the heavy cream and shrimp stock and bring to a simmer.
- Add the spinach and tomato and simmer for 1 minute.
- Add the shrimp with their juices and cook until just heated through. Season with the lemon juice, salt and pepper and serve at once.
- Serve With: Steamed rice.

Notes: After you shell the shrimp for this dish, simmer the shells in water to make a simple stock. If you wish, you can substitute large sea scallops for the shrimp.

## Nutrition Facts

**PROTEIN 32.53%** **FAT 57.21%** **CARBS 10.26%**

### Properties

Glycemic Index:53.75, Glycemic Load:1.32, Inflammation Score:-10, Nutrition Score:27.91347801167%

### Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.42mg, Hesperetin: 0.42mg, Hesperetin: 0.42mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg Kaempferol: 7.26mg, Kaempferol: 7.26mg, Kaempferol: 7.26mg, Kaempferol: 7.26mg Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg Quercetin: 4.62mg, Quercetin: 4.62mg, Quercetin: 4.62mg, Quercetin: 4.62mg

### Nutrients (% of daily need)

Calories: 340.33kcal (17.02%), Fat: 21.78g (33.5%), Saturated Fat: 11.61g (72.55%), Carbohydrates: 8.79g (2.93%), Net Carbohydrates: 5.69g (2.07%), Sugar: 3.25g (3.61%), Cholesterol: 234.92mg (78.31%), Sodium: 456.18mg (19.83%), Alcohol: 1.54g (100%), Alcohol %: 0.6% (100%), Protein: 27.86g (55.71%), Vitamin K: 552.75µg (526.42%), Vitamin A: 11434.07IU (228.68%), Folate: 229.23µg (57.31%), Manganese: 1.14mg (57.1%), Vitamin C: 36.43mg (44.16%), Magnesium: 138.38mg (34.6%), Phosphorus: 339.58mg (33.96%), Copper: 0.62mg (31.15%), Potassium: 1071.91mg (30.63%), Vitamin E: 3.36mg (22.38%), Calcium: 223.27mg (22.33%), Iron: 3.99mg (22.15%), Vitamin B2: 0.3mg (17.72%), Zinc: 2.33mg (15.54%), Vitamin B6: 0.31mg (15.47%), Fiber: 3.1g (12.42%), Vitamin B1: 0.11mg (7.51%), Vitamin B3: 1.09mg (5.45%), Vitamin D: 0.69µg (4.58%), Selenium: 2.69µg (3.84%), Vitamin B5: 0.24mg (2.43%), Vitamin B12: 0.08µg (1.28%)