



Shrimp-and-Tasso Gravy

READY IN



45 min.

SERVINGS



4

CALORIES



514 kcal

SAUCE

Ingredients

- ☐ 1 tablespoon barbecue seasoning
- ☐ 0.5 cup butter
- ☐ 1.5 cups chicken broth
- ☐ 0.3 cup flour all-purpose
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 0.5 cup half-and-half
- ☐ 0.5 cup tasso ham chopped
- ☐ 3 tablespoons olive oil
- ☐ 1 pound shrimp raw peeled

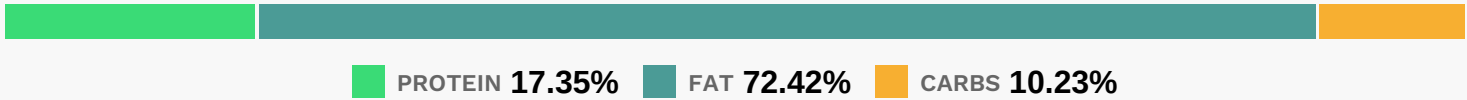
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ grill

Directions

- ☐ Devein shrimp, if desired. Rinse and pat dry with paper towels.
- ☐ Sprinkle barbecue seasoning evenly over shrimp.
- ☐ Saut shrimp in hot oil in a large skillet over high heat 3 to 4 minutes or just until shrimp turn pink.
- ☐ Remove shrimp from skillet.
- ☐ Melt butter in skillet over medium heat; add tasso ham, and saut 5 minutes. Gradually whisk in flour. Cook, whisking constantly, 1 1/2 to 2 minutes or until mixture is golden brown.
- ☐ Whisk in chicken broth and half-and-half. Bring to a boil. Boil, whisking constantly, 6 to 8 minutes or until smooth and thickened. Stir in shrimp and parsley.
- ☐ *Smoked ham or hot smoked sausage may be substituted.
- ☐ Note: For testing purposes only, we used McCormick Grill Mates Barbecue Seasoning.

Nutrition Facts



Properties

Glycemic Index:39.25, Glycemic Load:5.78, Inflammation Score:-7, Nutrition Score:18.759130514186%

Flavonoids

Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 514.21kcal (25.71%), Fat: 41.65g (64.08%), Saturated Fat: 19.49g (121.81%), Carbohydrates: 13.24g (4.41%), Net Carbohydrates: 12.47g (4.54%), Sugar: 1.8g (2%), Cholesterol: 227.09mg (75.7%), Sodium: 1379.94mg (60%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.45g (44.9%), Vitamin K: 71.65µg (68.23%), Selenium: 42.94µg (61.35%), Phosphorus: 371.95mg (37.19%), Vitamin E: 3.91mg (26.07%), Vitamin A: 1287.83IU (25.76%), Vitamin B12: 1.49µg (24.9%), Manganese: 0.4mg (20.19%), Vitamin B3: 3.79mg (18.93%), Vitamin B1: 0.25mg (16.67%), Vitamin B6: 0.32mg (16.01%), Calcium: 146.41mg (14.64%), Copper: 0.29mg (14.3%), Vitamin B2: 0.24mg (13.91%), Iron: 2.44mg (13.58%), Zinc: 1.92mg (12.81%), Folate: 51.03µg (12.76%), Magnesium: 44.32mg (11.08%), Potassium: 288.41mg (8.24%), Vitamin B5: 0.61mg (6.12%), Vitamin C: 3.38mg (4.09%), Fiber: 0.76g (3.06%), Vitamin D: 0.24µg (1.57%)