



Shrimp Butter

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



344 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 sticks butter softened
- ☐ 1 sprig thyme leaves fresh
- ☐ 2 garlic cloves minced
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 1 onion chopped
- ☐ 1 pound shell-on shrimp

Equipment

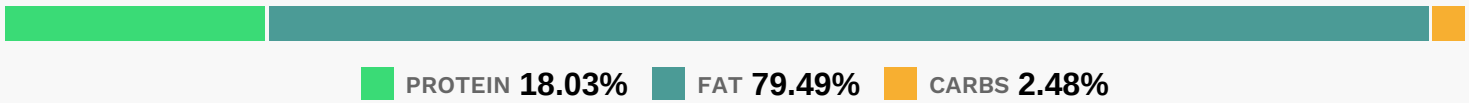
- ☐ food processor

- ☐ frying pan
- ☐ sieve

Directions

- ☐ In a 12" skillet, caramelize onion, garlic cloves, and thyme in unsalted butter. Toss in shrimp; cook slowly until golden.
- ☐ Transfer to a food processor and purée until smooth; with processor running, add softened butter, 1 Tbsp. at a time. Force through a fine-mesh strainer. Season with kosher salt and freshly ground black pepper. For a super-fine texture, strain again.

Nutrition Facts



Properties

Glycemic Index:30.67, Glycemic Load:0.5, Inflammation Score:-6, Nutrition Score:4.6734782062147%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg

Nutrients (% of daily need)

Calories: 343.57kcal (17.18%), Fat: 30.96g (47.63%), Saturated Fat: 19.45g (121.55%), Carbohydrates: 2.17g (0.72%), Net Carbohydrates: 1.79g (0.65%), Sugar: 0.81g (0.9%), Cholesterol: 202.7mg (67.57%), Sodium: 333.1mg (14.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.8g (31.6%), Vitamin A: 950.21IU (19%), Phosphorus: 178mg (17.8%), Copper: 0.31mg (15.4%), Magnesium: 29.73mg (7.43%), Zinc: 1.09mg (7.29%), Potassium: 241.74mg (6.91%), Calcium: 64.57mg (6.46%), Vitamin E: 0.88mg (5.86%), Manganese: 0.08mg (4.05%), Vitamin K: 2.89µg (2.75%), Iron: 0.49mg (2.75%), Vitamin C: 1.94mg (2.35%), Vitamin B6: 0.04mg (1.82%), Fiber: 0.38g (1.53%), Folate: 4.74µg (1.18%), Vitamin B2: 0.02mg (1.17%), Vitamin B12: 0.06µg (1.07%)