



## Shrimp De Jonghe

READY IN



45 min.

SERVINGS



6

CALORIES



182 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.1 teaspoon pepper black freshly ground
- 2 tablespoons butter divided
- 1 tablespoon dijon mustard
- 0.5 cup vermouth dry
- 1.5 tablespoons tarragon fresh divided finely chopped
- 4 garlic cloves divided minced
- 1.5 tablespoons green onions divided finely chopped
- 0.3 teaspoon salt
- 1.5 pounds shrimp deveined peeled

2 ounce bread white

## Equipment

food processor

bowl

frying pan

oven

baking pan

## Directions

Preheat oven to 40

Place bread in a food processor, and pulse 10 times or until coarse crumbs measure 1 cup.

Melt 1 tablespoon butter in a large nonstick skillet over medium-high heat.

Add half of garlic; saut 30 seconds.

Add breadcrumbs, 1 1/2 teaspoons tarragon, and 1 1/2 teaspoons green onions; cook 2 minutes, stirring constantly.

Place breadcrumb mixture in a bowl.

Add remaining 1 tablespoon butter to pan; cook 1 minute or until butter begins to brown.

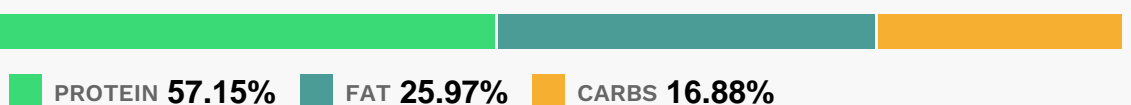
Add remaining half of garlic; saut 30 seconds, stirring constantly.

Add shrimp; saut 2 minutes. Stir in dry vermouth and Dijon mustard; simmer for 1 minute or until the shrimp are done. Stir in remaining 1 tablespoon tarragon, remaining 1 tablespoon green onions, salt, and pepper.

Arrange the shrimp mixture in a single layer in an 8-inch square baking dish, and sprinkle breadcrumb mixture evenly over shrimp.

Bake at 400 for 10 minutes or until the breadcrumbs are golden.

## Nutrition Facts



## Properties

Glycemic Index:53.46, Glycemic Load:4.06, Inflammation Score:-3, Nutrition Score:6.8578260515047%

## Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

## Nutrients (% of daily need)

Calories: 181.62kcal (9.08%), Fat: 4.93g (7.58%), Saturated Fat: 2.63g (16.46%), Carbohydrates: 7.21g (2.4%), Net Carbohydrates: 6.66g (2.42%), Sugar: 0.6g (0.66%), Cholesterol: 192.6mg (64.2%), Sodium: 336.09mg (14.61%), Alcohol: 1.9g (100%), Alcohol %: 1.55% (100%), Protein: 24.4g (48.8%), Phosphorus: 266.33mg (26.63%), Copper: 0.48mg (23.83%), Manganese: 0.28mg (14.23%), Magnesium: 50.48mg (12.62%), Calcium: 120.09mg (12.01%), Zinc: 1.72mg (11.47%), Potassium: 380.88mg (10.88%), Iron: 1.57mg (8.75%), Selenium: 3.46µg (4.94%), Folate: 16.63µg (4.16%), Vitamin A: 207.35IU (4.15%), Vitamin B1: 0.06mg (4.14%), Vitamin B6: 0.08mg (3.93%), Vitamin K: 3.59µg (3.42%), Vitamin B3: 0.64mg (3.22%), Vitamin B2: 0.05mg (3.11%), Fiber: 0.55g (2.18%), Vitamin C: 1.79mg (2.17%)