

Shrimp de Jonghe I

READY IN



30 min.

SERVINGS



4

CALORIES



872 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups bread crumbs fresh
- ☐ 1 cup butter melted
- ☐ 2 cups cooking wine dry white
- ☐ 1 cup parsley fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 1 pinch ground pepper
- ☐ 0.5 teaspoon paprika
- ☐ 1.5 pounds shrimp deveined peeled

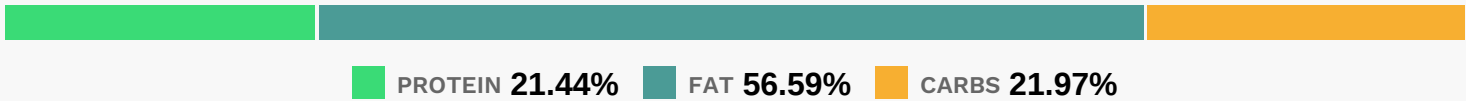
Equipment

- ☐ oven
- ☐ casserole dish

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease an 11x 7 inch casserole dish.
- ☐ Place shrimp evenly in the casserole dish.
- ☐ Pour wine over the shrimp.
- ☐ Mix together butter, garlic, cayenne pepper, paprika, parsley and bread crumbs.
- ☐ Sprinkle bread crumb mixture over the shrimp. Refrigerate now if desired.
- ☐ Bake in preheated oven for 20 minutes, or until shrimp are firm and topping is golden brown.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:43.5, Glycemic Load:0.78, Inflammation Score:-9, Nutrition Score:25.55869577242%

Flavonoids

Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Apigenin: 32.32mg, Apigenin: 32.32mg, Apigenin: 32.32mg, Apigenin: 32.32mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 2.26mg, Myricetin: 2.26mg, Myricetin: 2.26mg, Myricetin: 2.26mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 871.6kcal (43.58%), Fat: 49.92g (76.79%), Saturated Fat: 30.02g (187.61%), Carbohydrates: 43.62g (14.54%), Net Carbohydrates: 40.57g (14.75%), Sugar: 4.7g (5.23%), Cholesterol: 395.87mg (131.96%), Sodium: 977.43mg (42.5%), Alcohol: 12.36g (100%), Alcohol %: 3.75% (100%), Protein: 42.54g (85.09%), Vitamin K: 254.26µg

(242.16%), Vitamin A: 2815.46IU (56.31%), Phosphorus: 500.18mg (50.02%), Copper: 0.84mg (41.81%), Manganese: 0.75mg (37.32%), Vitamin B1: 0.55mg (36.52%), Iron: 4.84mg (26.88%), Magnesium: 104.25mg (26.06%), Calcium: 256.13mg (25.61%), Vitamin C: 20.44mg (24.77%), Zinc: 3.45mg (22.98%), Potassium: 749.03mg (21.4%), Folate: 83.68µg (20.92%), Selenium: 14.54µg (20.77%), Vitamin B3: 3.97mg (19.85%), Vitamin B2: 0.27mg (16.15%), Fiber: 3.05g (12.2%), Vitamin E: 1.55mg (10.36%), Vitamin B6: 0.17mg (8.26%), Vitamin B5: 0.49mg (4.9%), Vitamin B12: 0.29µg (4.76%)