

Shrimp Francesca

READY IN



35 min.

SERVINGS



4

CALORIES



382 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounce artichoke hearts in water drained canned (8 to 10 count)
- ☐ 0.5 cup butter
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1.5 tablespoons garlic minced
- ☐ 0.5 cup seasoned bread crumbs italian
- ☐ 1 juice of lemon juiced
- ☐ 1 tablespoon imported romano cheese shredded finely
- ☐ 1 pound shrimp deveined uncooked peeled

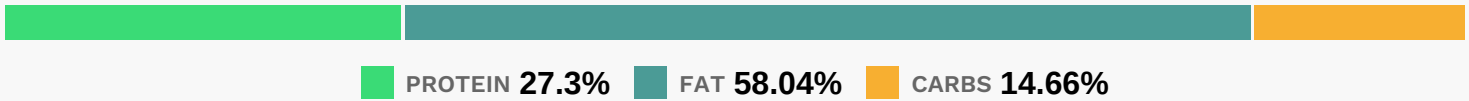
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C). Lightly grease a 9x13-inch baking dish.
- ☐ Arrange the shrimp in the bottom of the prepared baking dish. Gently squeeze any excess liquid from the artichoke hearts, break the hearts into quarters, and arrange in spaces between the shrimp.
- ☐ Sprinkle the bread crumbs and parsley over the shrimp and artichoke hearts; sprinkle lemon juice over the crumbs.
- ☐ Melt butter with garlic in a small saucepan over medium-low heat; drizzle the butter mixture over the bread crumbs.
- ☐ Sprinkle the top with Romano cheese.
- ☐ Bake in the preheated oven until the crumbs and cheese brown lightly and the shrimp turn opaque and orange-pink in color, 10 to 12 minutes.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:34.75, Glycemic Load:0.31, Inflammation Score:-5, Nutrition Score:9.5595651829372%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 381.69kcal (19.08%), Fat: 24.79g (38.14%), Saturated Fat: 15.13g (94.56%), Carbohydrates: 14.09g (4.7%), Net Carbohydrates: 12.37g (4.5%), Sugar: 1.55g (1.72%), Cholesterol: 245.03mg (81.68%), Sodium: 743.29mg (32.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.23g (52.47%), Phosphorus: 291.3mg (29.13%), Copper: 0.49mg (24.6%), Vitamin K: 25.36µg (24.16%), Vitamin A: 828.19IU (16.56%), Calcium: 127.24mg (12.72%), Magnesium: 49.37mg (12.34%), Zinc: 1.84mg (12.27%), Manganese: 0.24mg (11.9%), Potassium: 367.2mg (10.49%), Vitamin B1: 0.15mg (10.31%), Iron: 1.46mg (8.12%), Fiber: 1.73g (6.91%), Vitamin C: 5.57mg (6.76%), Selenium: 4.6µg (6.58%), Folate: 21.9µg (5.47%), Vitamin B3: 0.98mg (4.89%), Vitamin B2: 0.08mg (4.82%), Vitamin E: 0.72mg (4.81%), Vitamin B6: 0.07mg (3.46%), Vitamin B12: 0.11µg (1.91%), Vitamin B5: 0.16mg (1.62%)