

Shrimp Francese

READY IN



25 min.

SERVINGS



4

CALORIES



327 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup chicken broth
- ☐ 3 large eggs beaten ()
- ☐ 0.3 cup flat-leaf parsley leaves fresh packed ()
- ☐ 0.5 cup flour all-purpose (for dredging)
- ☐ 1 tablespoon olive oil extra-virgin as needed plus more)
- ☐ 0.5 cup parmesan cheese grated (preferably on a Microplane)
- ☐ 1 pound shrimp raw deveined peeled (14 to 16)
- ☐ 1 tablespoon butter unsalted as needed plus more)
- ☐ 0.5 cup white wine

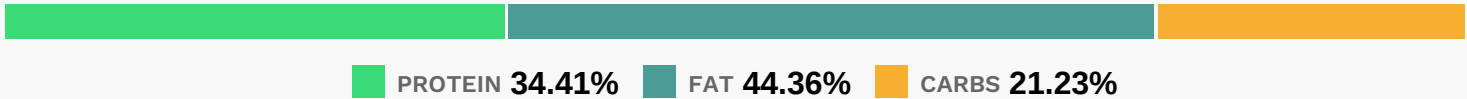
Equipment

- ☐ frying pan
- ☐ whisk

Directions

- ☐ Slice each shrimp along the back to open (butterfly) slightly.
- ☐ Whisk together eggs and cheese in a shallow dish; place flour in another shallow dish. Dredge shrimp lightly in flour, then coat completely in egg mixture.
- ☐ Whisk together broth, wine, and lemon juice; set aside.
- ☐ Heat a large skillet over medium-high heat. Swirl in oil, then butter. Cook shrimp in 2 single-layer batches, adding more oil between batches as needed, until golden, about 1 ½ minutes on each side; transfer each batch to a plate when done.
- ☐ Pour broth mixture into skillet and cook, swirling skillet, until reduced by half, 1 to 2 minutes.
- ☐ Remove from heat, add lemon slices and parsley, and pour over shrimp.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:30.5, Glycemic Load:8.78, Inflammation Score:-7, Nutrition Score:19.396956516349%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 327.39kcal (16.37%), Fat: 14.79g (22.76%), Saturated Fat: 5.56g (34.72%), Carbohydrates: 15.92g (5.31%), Net Carbohydrates: 15.38g (5.59%), Sugar: 0.64g (0.71%), Cholesterol: 301.37mg (100.46%), Sodium: 1027.18mg (44.66%), Alcohol: 3.09g (100%), Alcohol %: 1.57% (100%), Protein: 25.82g (51.65%), Selenium: 54.94µg (78.48%), Vitamin K: 64.68µg (61.6%), Phosphorus: 456.66mg (45.67%), Vitamin B12: 1.77µg (29.55%), Calcium: 205mg (20.5%), Vitamin B2: 0.34mg (19.73%), Folate: 74.62µg (18.65%), Vitamin A: 918.69IU (18.37%), Vitamin E: 2.59mg (17.26%), Vitamin B3: 3.12mg (15.62%), Zinc: 2.33mg (15.56%), Vitamin B6: 0.28mg (14.09%), Copper: 0.27mg (13.63%), Vitamin B1: 0.17mg (11.65%), Iron: 2.03mg (11.28%), Manganese: 0.22mg (10.77%), Vitamin B5: 1.07mg (10.7%), Magnesium: 42.5mg (10.62%), Potassium: 267.85mg (7.65%), Vitamin D: 0.98µg (6.52%), Vitamin C: 4.99mg (6.05%), Fiber: 0.55g (2.18%)