



Shrimp Francese Not Just for Food Geeks Anymore

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. Like this: Like Loading...

Nutrition Facts

 PROTEIN **34.41%**  FAT **44.36%**  CARBS **21.23%**

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%)