



Shrimp in Avocado Cream Sauce

 Gluten Free

READY IN



15 min.

SERVINGS



2

CALORIES



567 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup avocado ripe mashed
- ☐ 0.3 cup butter
- ☐ 2 cloves garlic finely chopped
- ☐ 2 servings ground pepper black to taste
- ☐ 0.5 cup heavy cream
- ☐ 0.5 pound shrimp deveined peeled

Equipment

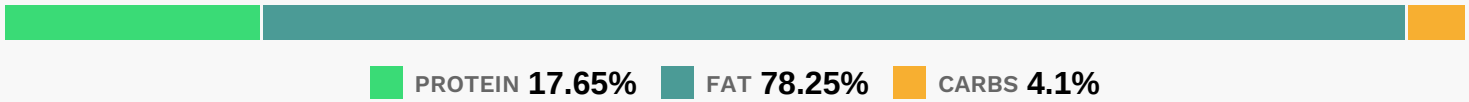
- ☐ sauce pan

☐ whisk

Directions

- ☐ Melt the butter in a saucepan over low heat, stir in the garlic, and cook 1 to 2 minutes until soft but not browned.
- ☐ Pour in the cream and bring to a simmer.
- ☐ Whisk in the avocado until smooth, return to a simmer, and add the shrimp.
- ☐ Cook over medium-low heat just until the shrimp have turned opaque, 5 to 7 minutes.
- ☐ Sprinkle with black pepper, and serve hot.

Nutrition Facts



Properties

Glycemic Index:76, Glycemic Load:0.57, Inflammation Score:-7, Nutrition Score:10.996956514276%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 566.86kcal (28.34%), Fat: 50.6g (77.85%), Saturated Fat: 29.19g (182.42%), Carbohydrates: 5.96g (1.99%), Net Carbohydrates: 3.36g (1.22%), Sugar: 2.03g (2.26%), Cholesterol: 310.81mg (103.6%), Sodium: 336.61mg (14.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.68g (51.35%), Vitamin A: 1639.31IU (32.79%), Phosphorus: 308.24mg (30.82%), Copper: 0.53mg (26.57%), Potassium: 557.94mg (15.94%), Magnesium: 56.22mg (14.05%), Vitamin E: 1.99mg (13.24%), Zinc: 1.96mg (13.09%), Calcium: 129.03mg (12.9%), Vitamin K: 11.98µg (11.41%), Fiber: 2.6g (10.4%), Vitamin B2: 0.17mg (10.22%), Folate: 33.71µg (8.43%), Vitamin B6: 0.16mg (7.78%), Manganese: 0.15mg (7.71%), Vitamin B5: 0.72mg (7.23%), Vitamin D: 0.95µg (6.35%), Vitamin C: 5.04mg (6.11%), Iron: 0.92mg (5.12%), Selenium: 2.65µg (3.79%), Vitamin B3: 0.72mg (3.62%), Vitamin B1: 0.04mg (2.97%), Vitamin B12: 0.14µg (2.39%)