

Shrimp in Ginger Butter Sauce

READY IN



15 min.

SERVINGS



1

CALORIES



555 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 serving crusty baguette
- 2 tablespoons cilantro leaves coarsely chopped
- 2 tablespoons sherry
- 1.5 teaspoons ginger grated peeled
- 1 serving green beans
- 6 ounces shrimp peeled
- 2 tablespoons butter unsalted

Equipment

frying pan

Directions

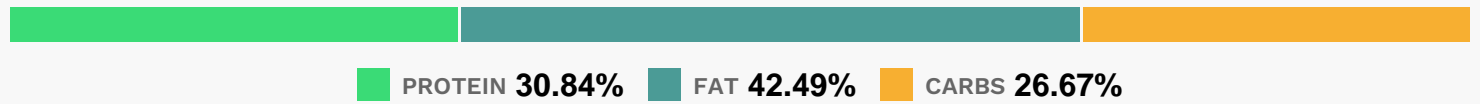
Pat shrimp dry and season with salt

Heat butter in a heavy medium skillet over medium-high heat until foam subsides, then sauté ginger 30 seconds.

Add shrimp and sauté 2 minutes.

Add Sherry and sauté until shrimp are just cooked through, 1 to 2 minutes. Stir in cilantro and season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:179.75, Glycemic Load:22.39, Inflammation Score:-7, Nutrition Score:17.90739141599%

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 Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg

Nutrients (% of daily need)

Calories: 555.34kcal (27.77%), Fat: 25.47g (39.19%), Saturated Fat: 14.94g (93.35%), Carbohydrates: 35.98g (11.99%), Net Carbohydrates: 33.07g (12.02%), Sugar: 5.16g (5.73%), Cholesterol: 334.06mg (111.35%), Sodium: 606.57mg (26.37%), Alcohol: 3.09g (100%), Alcohol %: 1.12% (100%), Protein: 41.6g (83.2%), Phosphorus: 459.23mg (45.92%), Copper: 0.79mg (39.74%), Vitamin K: 30.13µg (28.7%), Vitamin B1: 0.42mg (28.12%), Manganese: 0.52mg (25.92%), Magnesium: 94.98mg (23.75%), Vitamin A: 1133.2IU (22.66%), Folate: 88.6µg (22.15%), Iron: 3.78mg (20.99%), Calcium: 206.85mg (20.68%), Zinc: 2.99mg (19.95%), Potassium: 689.1mg (19.69%), Vitamin B3: 3.38mg (16.92%), Selenium: 11.68µg (16.68%), Vitamin B2: 0.28mg (16.41%), Fiber: 2.91g (11.65%), Vitamin C: 7.08mg (8.58%), Vitamin B6: 0.17mg (8.3%), Vitamin E: 1.09mg (7.26%), Vitamin B5: 0.42mg (4.21%), Vitamin D: 0.42µg (2.8%)