



Shrimp In Orange Sauce

READY IN



45 min.

SERVINGS



6

CALORIES



444 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup butter
- 6 slices bread french toasted
- 1 tablespoon parsley fresh chopped
- 1 small onion diced
- 1 cup orange juice fresh
- 2 tablespoons orange juice
- 2 teaspoons orange rind grated
- 0.3 teaspoon pepper
- 0.5 teaspoon salt

- 2 pounds shrimp fresh unpeeled
- 2 quarts water
- 0.3 cup whipping cream

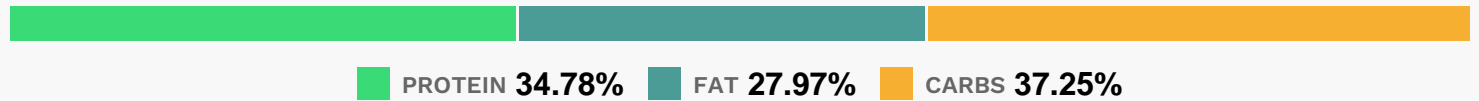
Equipment

- frying pan

Directions

- Bring 2 quarts water to a boil; add shrimp, and cook 3 to 5 minutes or just until shrimp turn pink.
- Drain and rinse with cold water. Peel shrimp; devein, if desired.
- Melt butter in a large skillet over medium heat; add onion, and saute until tender. Stir in orange rind and next 5 ingredients, and cook 6 to 8 minutes or until slightly thickened. Stir in shrimp, and cook 2 minutes or until thoroughly heated.
- Sprinkle with parsley, and serve over French bread.

Nutrition Facts



Properties

Glycemic Index:37.25, Glycemic Load:28.06, Inflammation Score:-7, Nutrition Score:16.708695521821%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 4.94mg, Hesperetin: 4.94mg, Hesperetin: 4.94mg, Hesperetin: 4.94mg Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 2.47mg, Quercetin: 2.47mg, Quercetin: 2.47mg, Quercetin: 2.47mg

Nutrients (% of daily need)

Calories: 444.08kcal (22.2%), Fat: 13.63g (20.97%), Saturated Fat: 4.37g (27.34%), Carbohydrates: 40.84g (13.61%), Net Carbohydrates: 39.04g (14.2%), Sugar: 8.83g (9.81%), Cholesterol: 254.63mg (84.88%), Sodium: 868.33mg

(37.75%), Alcohol: 1.3g (100%), Alcohol %: 0.27% (100%), Protein: 38.13g (76.26%), Phosphorus: 410.06mg (41.01%), Copper: 0.77mg (38.38%), Vitamin B1: 0.5mg (33.44%), Vitamin C: 23.4mg (28.37%), Selenium: 18.73µg (26.75%), Folate: 95.06µg (23.76%), Magnesium: 84.02mg (21.01%), Manganese: 0.42mg (20.96%), Iron: 3.47mg (19.25%), Zinc: 2.8mg (18.66%), Vitamin B2: 0.31mg (18.41%), Potassium: 594.89mg (17%), Vitamin B3: 3.3mg (16.48%), Calcium: 158.65mg (15.87%), Vitamin A: 626.42IU (12.53%), Vitamin K: 11.92µg (11.36%), Fiber: 1.8g (7.21%), Vitamin B6: 0.11mg (5.27%), Vitamin E: 0.55mg (3.63%), Vitamin B5: 0.35mg (3.47%), Vitamin D: 0.16µg (1.06%)