



Shrimp Newburg

 Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



378 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.5 cups rice long-grain hot cooked
- ☐ 0.5 cup vermouth dry
- ☐ 1 tablespoon chives fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 0.3 teaspoon ground pepper red
- ☐ 0.5 pound lump crab meat
- ☐ 0.5 cup onion chopped
- ☐ 0.5 teaspoon salt

- ☐ 1 tablespoon cooking sherry
- ☐ 1.3 pounds shrimp deveined peeled
- ☐ 1 tablespoon stick margarine
- ☐ 1 cup swiss cheese sauce hot
- ☐ 1 tablespoon teaspoon tarragon dried fresh chopped

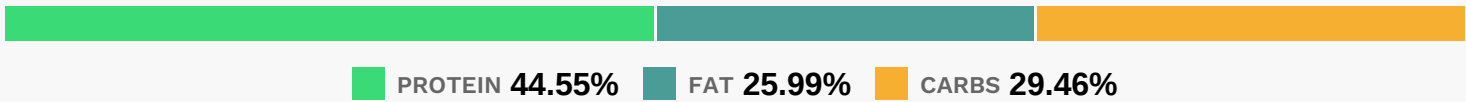
Equipment

- ☐ frying pan

Directions

- ☐ Melt butter in a large skillet over medium-high heat.
- ☐ Add onion and garlic; saut 5 minutes.
- ☐ Add shrimp and vermouth; cook 2 minutes, stirring occasionally.
- ☐ Add Swiss Cheese Sauce and next 6 ingredients (sauce through pepper); cook 3 minutes, stirring constantly.
- ☐ Serve over rice.
- ☐ Garnish with additional chives, if desired.

Nutrition Facts



Properties

Glycemic Index:71, Glycemic Load:24.88, Inflammation Score:-6, Nutrition Score:18.539565324783%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.84mg, Isorhamnetin: 0.84mg, Isorhamnetin: 0.84mg, Isorhamnetin: 0.84mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.3mg, Quercetin: 3.3mg, Quercetin: 3.3mg, Quercetin: 3.3mg

Nutrients (% of daily need)

Calories: 377.82kcal (18.89%), Fat: 10.29g (15.84%), Saturated Fat: 4.68g (29.25%), Carbohydrates: 26.25g (8.75%),
Net Carbohydrates: 25.49g (9.27%), Sugar: 0.78g (0.87%), Cholesterol: 221.71mg (73.9%), Sodium: 817.24mg
(35.53%), Alcohol: 2.59g (100%), Alcohol %: 1.06% (100%), Protein: 39.69g (79.39%), Vitamin B12: 4.74µg (78.96%),
Phosphorus: 512.68mg (51.27%), Copper: 0.95mg (47.36%), Selenium: 29.27µg (41.81%), Zinc: 5.66mg (37.7%),
Calcium: 317.38mg (31.74%), Manganese: 0.59mg (29.39%), Magnesium: 86.08mg (21.52%), Potassium: 512.55mg
(14.64%), Vitamin B6: 0.23mg (11.47%), Iron: 1.58mg (8.76%), Vitamin A: 422.91IU (8.46%), Folate: 31.98µg (7.99%),
Vitamin B2: 0.12mg (7.22%), Vitamin C: 5.86mg (7.11%), Vitamin B5: 0.59mg (5.92%), Vitamin B3: 1mg (4.98%),
Vitamin B1: 0.05mg (3.48%), Fiber: 0.76g (3.04%), Vitamin E: 0.29mg (1.92%), Vitamin K: 1.76µg (1.67%)