

Shrimp Versailles

READY IN



60 min.

SERVINGS



4

CALORIES



487 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounce cream cheese cubed
- ☐ 0.3 cup bread crumbs dry fine
- ☐ 2 tablespoons cooking wine dry white
- ☐ 2 tablespoons green onion sliced
- ☐ 0.1 teaspoon ground pepper red
- ☐ 2 tablespoons butter melted
- ☐ 3 tablespoons milk
- ☐ 1.5 pounds shrimp fresh shelled deveined
- ☐ 0.5 cup swiss cheese shredded

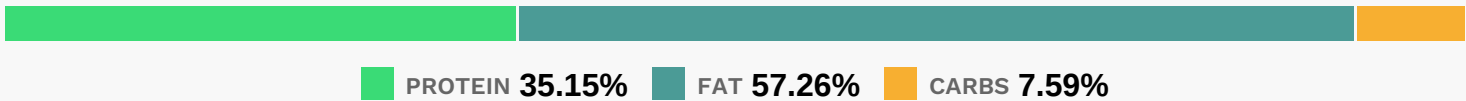
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ slotted spoon

Directions

- ☐ Preheat oven to BROIL. Lightly grease a 1 to 1 1/2 quart baking dish.
- ☐ In a large skillet over medium heat, melt 3 tablespoons of margarine and saute the green onions. Toss in shrimp and saute until pink, about 5 minutes.
- ☐ Remove shrimp with slotted spoon and set aside.
- ☐ Add cream cheese and milk to skillet, stirring constantly until cheese melts. Stir in Swiss cheese, wine, cooked shrimp, and red pepper. Cook until all cheese is melted and shrimp are heated through.
- ☐ Pour mixture into prepared baking dish.
- ☐ Combine bread crumbs and 2 tablespoons of melted margarine, sprinkle over shrimp mixture.
- ☐ Broil for 1 to 2 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:42.75, Glycemic Load:1.18, Inflammation Score:-6, Nutrition Score:12.673478123934%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 487.14kcal (24.36%), Fat: 30.93g (47.58%), Saturated Fat: 15.54g (97.15%), Carbohydrates: 9.22g (3.07%), Net Carbohydrates: 8.82g (3.21%), Sugar: 3.24g (3.6%), Cholesterol: 345.03mg (115.01%), Sodium: 525.99mg (22.87%), Alcohol: 0.77g (100%), Alcohol %: 0.35% (100%), Protein: 42.72g (85.44%), Phosphorus: 528.92mg (52.89%), Copper: 0.7mg (35.1%), Calcium: 315.23mg (31.52%), Vitamin A: 1198.05IU (23.96%), Zinc: 3.32mg (22.13%), Magnesium: 75mg (18.75%), Potassium: 581.39mg (16.61%), Selenium: 10.89µg (15.55%), Vitamin B2: 0.22mg (12.98%), Vitamin B12: 0.62µg (10.4%), Vitamin K: 8.15µg (7.76%), Iron: 1.36mg (7.56%), Manganese: 0.14mg (7.02%), Vitamin B1: 0.09mg (5.94%), Vitamin E: 0.83mg (5.55%), Vitamin B5: 0.47mg (4.72%), Folate: 15.67µg (3.92%), Vitamin B6: 0.06mg (3.2%), Vitamin B3: 0.55mg (2.75%), Fiber: 0.4g (1.6%)