



Shrimp with Green Goddess Sauce

 Gluten Free

READY IN



9 min.

SERVINGS



4

CALORIES



218 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup crème fraîche sour
- ☐ 1 tablespoon tarragon fresh chopped
- ☐ 4 servings kosher salt
- ☐ 2 teaspoons juice of lemon freshly squeezed
- ☐ 1 teaspoon lemon zest finely grated
- ☐ 4 servings freshly cracked pepper black
- ☐ 2 scallions roughly chopped
- ☐ 1 pound shrimp shelled deveined

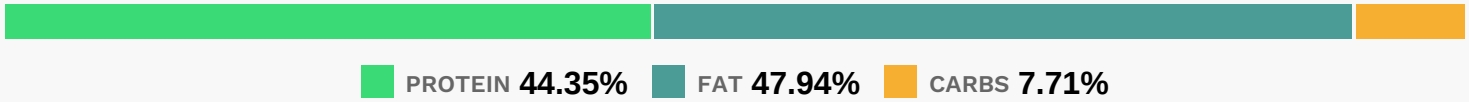
Equipment

- ☐ food processor
- ☐ bowl
- ☐ pot
- ☐ sieve
- ☐ slotted spoon

Directions

- ☐ Bring a 6-quart pot of highly salted water to boil over high heat.
- ☐ Add the shrimp to the boiling water and simmer until they are cooked through, 3 to 4 minutes. With a slotted spoon or strainer, transfer the shrimp to a bowl of ice water to stop the cooking. Once cooled, drain, pat dry and reserve.
- ☐ Puree the creme fraiche, tarragon, scallions, zest and lemon juice in food processor until smooth. Season with salt and pepper.
- ☐ Transfer to a bowl and serve with the reserved shrimp.
- ☐ BYOC: For a little extra depth of flavor, try adding an anchovy fillet to the puree... trust me, it's great!

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:0.63, Inflammation Score:-4, Nutrition Score:7.7921739298364%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 218.36kcal (10.92%), Fat: 11.88g (18.28%), Saturated Fat: 5.96g (37.25%), Carbohydrates: 4.3g (1.43%), Net Carbohydrates: 3.93g (1.43%), Sugar: 2.18g (2.43%), Cholesterol: 216.5mg (72.17%), Sodium: 348.68mg (15.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.73g (49.46%), Phosphorus: 294.49mg (29.45%), Copper: 0.47mg (23.65%), Calcium: 156.29mg (15.63%), Magnesium: 53.11mg (13.28%), Vitamin K: 13.45µg (12.81%), Potassium: 445.4mg (12.73%), Zinc: 1.81mg (12.03%), Manganese: 0.21mg (10.32%), Vitamin A: 492.49IU (9.85%), Vitamin B2: 0.13mg (7.4%), Iron: 1.3mg (7.23%), Vitamin C: 4.13mg (5.01%), Vitamin B6: 0.07mg (3.59%), Selenium: 2.25µg (3.22%), Folate: 12.67µg (3.17%), Vitamin B5: 0.2mg (2.04%), Vitamin B12: 0.12µg (2.01%), Vitamin E: 0.26mg (1.72%), Fiber: 0.37g (1.49%), Vitamin B1: 0.02mg (1.35%), Vitamin B3: 0.25mg (1.24%)