



## Shrimp with Sun-Dried-Tomato Barbecue Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



514 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 teaspoons chili powder
- 2 tablespoons cooking oil
- 1 teaspoon ginger fresh minced
- 3 cloves garlic minced
- 1.3 teaspoons fresh-ground pepper black
- 2 jalapeño peppers minced
- 4 teaspoons juice of lemon

- 0.5 cup dry-packed sun-dried tomatoes
- 1 teaspoon salt
- 2 pounds shrimp shelled
- 0.3 pound butter unsalted
- 0.5 cup water boiling
- 3 tablespoons worcestershire sauce

## Equipment

- bowl
- frying pan
- sauce pan
- oven
- blender
- baking pan

## Directions

- Heat the oven to 42
- In a small bowl, combine the sun-dried tomatoes and boiling water.
- Let sit for 20 minutes.
- Put the sun-dried tomatoes and their soaking liquid in a blender.
- Add the Worcestershire sauce, lemon juice, and salt and blend to a coarse puree.
- In a medium saucepan, heat the oil over low heat.
- Add the garlic, jalapeos, and ginger and cook, stirring, for 3 minutes.
- Add the chili powder and pepper and cook, stirring, for 30 seconds longer.
- Add the butter and melt.
- Remove the pan from the heat and stir in the tomato mixture.
- Add the shrimp and stir to combine.
- Put the shrimp and sauce in a 9-by-13-inch baking dish in an even layer.
- Bake the shrimp until just done, about 11 minutes.

Wine Recommendation: The spicy heat of the jalapeos and barbecue sauce make a beer the ideal thirst quencher for this dish. Anything but the most innocuous of wines (such as a Frascati from Italy) will be wasted here.

## Nutrition Facts

**PROTEIN 36.41%** **FAT 54.01%** **CARBS 9.58%**

### Properties

Glycemic Index:34.75, Glycemic Load:2.18, Inflammation Score:-7, Nutrition Score:17.019565076932%

### Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

### Nutrients (% of daily need)

Calories: 514.49kcal (25.72%), Fat: 31.78g (48.89%), Saturated Fat: 15.41g (96.31%), Carbohydrates: 12.67g (4.22%), Net Carbohydrates: 10.2g (3.71%), Sugar: 6.98g (7.76%), Cholesterol: 426.09mg (142.03%), Sodium: 1053.55mg (45.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.2g (96.4%), Copper: 1.15mg (57.37%), Phosphorus: 558.57mg (55.86%), Potassium: 1240.7mg (35.45%), Magnesium: 113.28mg (28.32%), Vitamin A: 1214.58IU (24.29%), Manganese: 0.47mg (23.71%), Zinc: 3.46mg (23.05%), Vitamin C: 18.02mg (21.84%), Calcium: 193.33mg (19.33%), Iron: 3.41mg (18.96%), Vitamin E: 2.54mg (16.96%), Vitamin K: 16.43µg (15.65%), Fiber: 2.47g (9.86%), Vitamin B3: 1.58mg (7.91%), Vitamin B2: 0.11mg (6.6%), Vitamin B6: 0.13mg (6.48%), Vitamin B1: 0.09mg (6.32%), Vitamin B5: 0.38mg (3.79%), Folate: 14.62µg (3.65%), Vitamin D: 0.43µg (2.83%), Selenium: 1.7µg (2.42%)