



Smoky Shrimp and Parmesan-Polenta Cakes

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



599 kcal

Ingredients

- ☐ 0.3 cup cooking wine dry white
- ☐ 1 tablespoon chives fresh chopped
- ☐ 1 tablespoon flat-leaf parsley fresh chopped
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 8 teaspoons tomatoes
- ☐ 1 tablespoon olive oil
- ☐ 0.3 teaspoon paprika smoked spanish
- ☐ 8 teaspoons parmesan cheese fresh grated
- ☐ 17 ounce polenta cut into 8 (1/2-inch) slices

☐ 1 pound shrimp deveined peeled

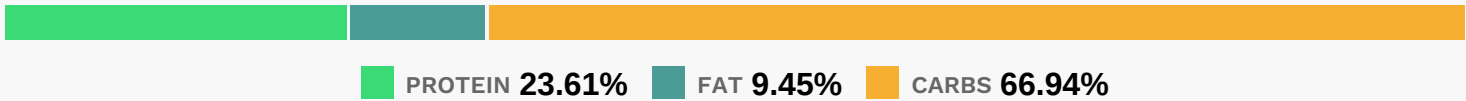
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ broiler

Directions

- ☐ Preheat broiler.
- ☐ Heat oil in a large skillet over medium-high heat.
- ☐ Add shrimp to pan; saut 3 minutes or until done, stirring frequently.
- ☐ Remove from heat; stir in wine, chives, juice, and paprika, tossing to coat. Keep warm.
- ☐ Place polenta slices on a baking sheet coated with cooking spray. Top each slice with 1 teaspoon sauce and 1 teaspoon cheese; broil 3 minutes or until cheese melts.
- ☐ Place 2 polenta slices on each of 4 plates; top each serving evenly with shrimp mixture.
- ☐ Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:44.75, Glycemic Load:0.26, Inflammation Score:-5, Nutrition Score:11.457391323279%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 598.6kcal (29.93%), Fat: 6.11g (9.4%), Saturated Fat: 1.12g (7.02%), Carbohydrates: 97.31g (32.44%), Net Carbohydrates: 95.12g (34.59%), Sugar: 1.41g (1.57%), Cholesterol: 183.93mg (61.31%), Sodium: 216.44mg (9.41%), Alcohol: 1.54g (100%), Alcohol %: 0.73% (100%), Protein: 34.32g (68.65%), Phosphorus: 351.58mg (35.16%), Selenium: 21.03µg (30.04%), Copper: 0.55mg (27.52%), Vitamin K: 20.94µg (19.94%), Magnesium: 77.34mg (19.34%), Potassium: 520.71mg (14.88%), Zinc: 2.13mg (14.2%), Iron: 2.07mg (11.49%), Vitamin B1: 0.16mg (10.89%), Calcium: 104.01mg (10.4%), Vitamin B6: 0.2mg (10.12%), Manganese: 0.2mg (10.02%), Vitamin A: 494.82IU (9.9%), Fiber: 2.18g (8.73%), Vitamin B3: 1.6mg (8%), Vitamin B5: 0.65mg (6.45%), Vitamin C: 3.91mg (4.74%), Vitamin E: 0.7mg (4.68%), Vitamin B2: 0.07mg (3.97%), Folate: 10.32µg (2.58%)