



## Spicy Shrimp

 Gluten Free  Dairy Free  Low Fod Map

READY IN



80 min.

SERVINGS



4

CALORIES



314 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1.5 cups beer
- 24 tiger prawns black ()
- 4 tablespoons cajun spice
- 4 servings cocktail sauce
- 4 servings lemon wedges
- 4 servings romaine leaves
- 4 tablespoons old bay seasoning

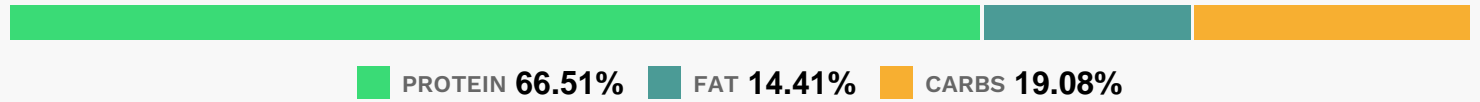
## Equipment

sauce pan

## Directions

- Toss shrimp with Old Bay and Cajun seasonings. Refrigerate for 1 hour. Bring the beer to a boil in a saucepan.
- Add the shrimp and boil until firm and pink, about 3 minutes.
- Drain. Arrange hot shrimp on a lettuce leaf on a salad plate.
- Garnish with lemon wedges.
- Serve with cocktail sauce.

## Nutrition Facts



## Properties

Glycemic Index:20.25, Glycemic Load:1.49, Inflammation Score:-10, Nutrition Score:33.117391306421%

## Flavonoids

Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg Gallic acid: 0.07mg, Gallic acid: 0.07mg, Gallic acid: 0.07mg, Gallic acid: 0.07mg

## Nutrients (% of daily need)

Calories: 313.74kcal (15.69%), Fat: 4.6g (7.08%), Saturated Fat: 0.67g (4.18%), Carbohydrates: 13.7g (4.57%), Net Carbohydrates: 10.54g (3.83%), Sugar: 1.34g (1.49%), Cholesterol: 423.36mg (141.12%), Sodium: 1929.88mg (83.91%), Alcohol: 3.45g (100%), Alcohol %: 0.95% (100%), Protein: 47.77g (95.54%), Selenium: 100.86µg (144.09%), Vitamin A: 5935.04IU (118.7%), Phosphorus: 868.17mg (86.82%), Vitamin B12: 3.75µg (62.45%), Vitamin E: 6.6mg (43.99%), Vitamin B6: 0.81mg (40.46%), Vitamin K: 38.85µg (37%), Vitamin B3: 7.35mg (36.74%), Copper: 0.7mg (35%), Manganese: 0.56mg (28.12%), Magnesium: 103.85mg (25.96%), Zinc: 3.75mg (24.97%), Calcium: 249.75mg (24.97%), Folate: 87.33µg (21.83%), Iron: 3.84mg (21.32%), Potassium: 638.47mg (18.24%), Fiber: 3.16g (12.65%), Vitamin B5: 1.26mg (12.55%), Vitamin B2: 0.19mg (11.2%), Vitamin B1: 0.13mg (8.65%), Vitamin C: 5.39mg (6.54%), Vitamin D: 0.34µg (2.24%)