



## Stuffed Jumbo Shrimp

READY IN



10 min.

SERVINGS



2

CALORIES



345 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup butter
- 2 surimi crab sticks uncooked
- 0.5 cup breadcrumbs dry fine
- 8 jumbo shrimp fresh
- 2 servings lemon wedges

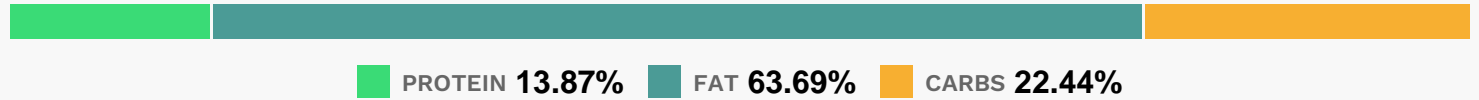
### Equipment

- oven
- ramekin

## Directions

- Peel shrimp, leaving tails on; devein shrimp, if desired. Butterfly shrimp by making a deep slit down the back of each from the large end to the tail, cutting to, but not through, the inside curve of shrimp.
- Divide each crab cake evenly into 4 portions. Shape 1 portion evenly around each shrimp, forming a ball (leave tail exposed). Repeat procedure with remaining crab cake portions and shrimp. Divide shrimp evenly between 2 large ramekins.
- Sprinkle evenly with breadcrumbs; spoon Butter Sauce over shrimp.
- Bake at 400 for 15 minutes or until golden.
- Garnish, if desired.

## Nutrition Facts



## Properties

Glycemic Index:37.75, Glycemic Load:0.03, Inflammation Score:-5, Nutrition Score:7.0086956283321%

## Flavonoids

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 Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 345.23kcal (17.26%), Fat: 24.66g (37.93%), Saturated Fat: 14.95g (93.45%), Carbohydrates: 19.54g (6.51%), Net Carbohydrates: 18.3g (6.66%), Sugar: 1.72g (1.91%), Cholesterol: 125.83mg (41.94%), Sodium: 436.07mg (18.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.08g (24.16%), Vitamin B1: 0.26mg (17.56%), Vitamin A: 709.55IU (14.19%), Phosphorus: 139.31mg (13.93%), Manganese: 0.26mg (13.1%), Copper: 0.23mg (11.74%), Selenium: 7.46µg (10.65%), Vitamin B3: 1.82mg (9.08%), Iron: 1.53mg (8.5%), Calcium: 82.54mg (8.25%), Folate: 30.29µg (7.57%), Vitamin B2: 0.12mg (7.01%), Zinc: 1.01mg (6.75%), Magnesium: 26.75mg (6.69%), Fiber: 1.24g (4.97%), Potassium: 168.75mg (4.82%), Vitamin E: 0.68mg (4.54%), Vitamin B12: 0.23µg (3.88%), Vitamin K: 3.77µg (3.59%), Vitamin B5: 0.19mg (1.86%), Vitamin B6: 0.04mg (1.79%)