



Tequila Shrimp

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



354 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup cream sour
- ☐ 1 teaspoon kosher salt
- ☐ 4 servings rice
- ☐ 1 spring onion thinly sliced
- ☐ 1.5 pounds shrimp deveined peeled per pound), and
- ☐ 0.5 cup tequila white
- ☐ 2 tablespoons butter unsalted

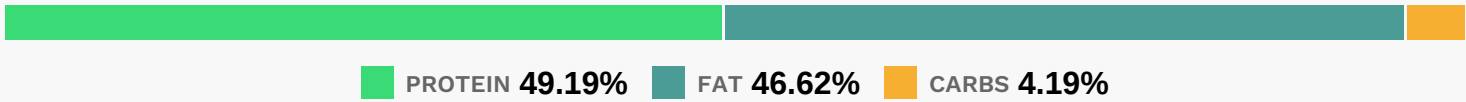
Equipment

☐ frying pan

Directions

- ☐ Toss shrimp with kosher salt and 3/4 teaspoon coarsely ground pepper.
- ☐ Heat butter in a 12-inch heavy skillet over medium-high heat until foam subsides, then sauté shrimp, turning, until pink and just cooked through, 3 to 5 minutes. Reduce heat and add tequila, then increase heat to medium-high. Tilt skillet over gas burner to ignite tequila (or ignite with a long match; use caution, as flames may shoot up high). Cook, shaking skillet gently once or twice, until flames subside.
- ☐ Remove from heat and stir in crema.
- ☐ Serve sprinkled with scallion.

Nutrition Facts



Properties

Glycemic Index:27.05, Glycemic Load:0.53, Inflammation Score:-4, Nutrition Score:7.9260868689288%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 354.07kcal (17.7%), Fat: 14.92g (22.96%), Saturated Fat: 8.13g (50.79%), Carbohydrates: 3.02g (1.01%), Net Carbohydrates: 2.93g (1.07%), Sugar: 1.55g (1.72%), Cholesterol: 314.35mg (104.78%), Sodium: 798.75mg (34.73%), Alcohol: 10.02g (100%), Alcohol %: 4.97% (100%), Protein: 35.43g (70.85%), Phosphorus: 401.92mg (40.19%), Copper: 0.69mg (34.27%), Zinc: 2.46mg (16.43%), Magnesium: 64.85mg (16.21%), Calcium: 156.9mg (15.69%), Potassium: 514.79mg (14.71%), Vitamin A: 473.51IU (9.47%), Vitamin K: 7.35µg (7%), Iron: 0.99mg (5.47%), Vitamin B2: 0.08mg (4.64%), Manganese: 0.08mg (4.19%), Selenium: 1.84µg (2.62%), Vitamin E: 0.34mg (2.29%), Vitamin B12: 0.1µg (1.71%), Vitamin B5: 0.17mg (1.65%), Folate: 4.8µg (1.2%), Vitamin C: 0.95mg (1.15%), Vitamin B6: 0.02mg (1.08%)