



Val's Spicy Baked Shrimp

 Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



607 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 slices bacon
- ☐ 0.8 pound butter
- ☐ 1.5 teaspoons chili powder
- ☐ 2 tablespoons dijon mustard (such as Grey Poupon Country)
- ☐ 0.3 teaspoon basil dried
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 0.5 cup cooking wine dry white
- ☐ 2 cloves garlic minced

- ☐ 2 tablespoons onion chopped
- ☐ 0.3 teaspoon pepper flakes red crushed
- ☐ 1 tablespoon seafood seasoning old bay® (such as)
- ☐ 2 pounds shrimp deveined uncooked peeled

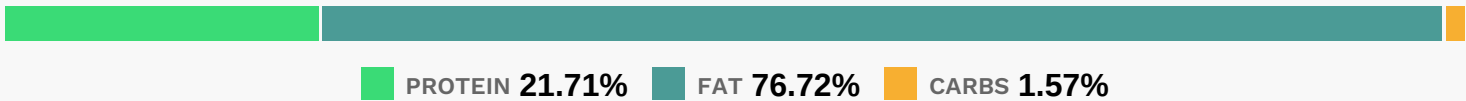
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat the oven to 375 degrees F (190 degrees C).
- ☐ Cook the bacon in a large, deep skillet over medium-high heat until evenly browned, about 10 minutes.
- ☐ Transfer bacon to a paper-lined plate to drain, reserving bacon grease in the skillet. Dice the bacon once cooled enough to handle.
- ☐ Melt butter in the remaining bacon grease over medium heat. Cook and stir diced bacon, Dijon mustard, chili powder, red pepper flakes, basil, thyme, onion, and garlic until onion is tender, about 5 minutes.
- ☐ Stir wine and seafood seasoning into onion mixture; add shrimp and toss to coat.
- ☐ Pour shrimp and onion mixture into a 9x13-inch baking dish.
- ☐ Bake in the preheated oven until the shrimp are bright pink on the outside and the meat is no longer transparent in the center, about 20 minutes.

Nutrition Facts



Properties

Glycemic Index:25.67, Glycemic Load:0.27, Inflammation Score:-7, Nutrition Score:9.803043467843%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

Nutrients (% of daily need)

Calories: 607.1kcal (30.35%), Fat: 51.44g (79.13%), Saturated Fat: 30.81g (192.57%), Carbohydrates: 2.38g (0.79%), Net Carbohydrates: 1.77g (0.64%), Sugar: 0.51g (0.57%), Cholesterol: 372.59mg (124.2%), Sodium: 683.42mg (29.71%), Alcohol: 2.06g (100%), Alcohol %: 1.05% (100%), Protein: 32.74g (65.49%), Phosphorus: 367.59mg (36.76%), Vitamin A: 1617.08IU (32.34%), Copper: 0.62mg (30.86%), Magnesium: 63.11mg (15.78%), Zinc: 2.33mg (15.54%), Potassium: 482.5mg (13.79%), Calcium: 128.74mg (12.87%), Vitamin K: 11.57µg (11.02%), Vitamin E: 1.62mg (10.8%), Manganese: 0.18mg (8.97%), Iron: 1.43mg (7.92%), Selenium: 4.83µg (6.9%), Vitamin B6: 0.08mg (4.13%), Vitamin B1: 0.05mg (3.38%), Vitamin B3: 0.62mg (3.09%), Vitamin B2: 0.04mg (2.58%), Vitamin B12: 0.15µg (2.52%), Fiber: 0.6g (2.41%), Vitamin B5: 0.16mg (1.63%), Folate: 4.24µg (1.06%)