



Zydeco's 5 BBQ Shrimp

READY IN



25 min.

SERVINGS



1

CALORIES



3479 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 bay leaves
- 1 pound butter
- 1 tablespoon cayenne powder
- 1 tablespoon liquid crab boil such as zatarain's
- 6 cloves garlic chopped
- 0.5 cup green onion chopped
- 1 serving hot sauce such as tabasco
- 1 tablespoon kosher salt
- 1 optional: lemon

- 1 tablespoon cracked pepper black
- 1 tablespoon pepper flakes red
- 6 large shrimp with heads and shells on (U12)
- 1 tablespoon thyme leaf dried
- 0.3 cup worcestershire sauce

Equipment

- frying pan
- sauce pan

Directions

- Watch how to make this recipe.
- Take the butter, cut into thirds, and melt in a large saucepan over medium heat until melted. Next, add the green onions, Worcestershire sauce, crab boil, cayenne, red pepper flakes, salt, black pepper, thyme, garlic, bay leaves and 5 to 6 shakes hot sauce.
- Cut the lemon in half, squeeze the juice in and then drop the lemon halves into the pan. Bring to a boil, but there should be no smoke.
- Add the shrimp in flat rows on top. Cook until pink, about 2 minutes per side.
- Pour everything onto a plate and serve.

Nutrition Facts

■ PROTEIN 1.22% ■ FAT 92.82% ■ CARBS 5.96%

Properties

Glycemic Index:243.5, Glycemic Load:7.38, Inflammation Score:-10, Nutrition Score:42.374347645303%

Flavonoids

Eriodictyol: 23.07mg, Eriodictyol: 23.07mg, Eriodictyol: 23.07mg, Eriodictyol: 23.07mg Hesperetin: 30.13mg, Hesperetin: 30.13mg, Hesperetin: 30.13mg, Hesperetin: 30.13mg Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg Luteolin: 2.05mg, Luteolin: 2.05mg, Luteolin: 2.05mg, Luteolin: 2.05mg Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg Quercetin: 6.88mg, Quercetin: 6.88mg, Quercetin: 6.88mg, Quercetin: 6.88mg

Quercetin: 6.88mg

Nutrients (% of daily need)

Calories: 3479.07kcal (173.95%), Fat: 371.28g (571.2%), Saturated Fat: 233.93g (1462.04%), Carbohydrates: 53.62g (17.87%), Net Carbohydrates: 41.08g (14.94%), Sugar: 12.68g (14.08%), Cholesterol: 975.22mg (325.07%), Sodium: 10940.24mg (475.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.95g (21.9%), Vitamin A: 16668.6IU (333.37%), Vitamin K: 259.34µg (246.99%), Vitamin E: 15.99mg (106.62%), Vitamin C: 87.72mg (106.32%), Manganese: 2.09mg (104.65%), Iron: 14.36mg (79.81%), Fiber: 12.54g (50.16%), Calcium: 462.16mg (46.22%), Potassium: 1430.46mg (40.87%), Vitamin B6: 0.75mg (37.41%), Phosphorus: 288.02mg (28.8%), Vitamin B2: 0.49mg (28.53%), Copper: 0.54mg (27.15%), Magnesium: 92.29mg (23.07%), Folate: 90.01µg (22.5%), Selenium: 14.82µg (21.17%), Vitamin B1: 0.26mg (17.13%), Vitamin B3: 3.02mg (15.11%), Zinc: 2.03mg (13.53%), Vitamin B12: 0.77µg (12.85%), Vitamin B5: 1.03mg (10.3%)