



## Baked Italian Shrimp

READY IN



45 min.

SERVINGS



12

CALORIES



147 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.7 cup breadcrumbs dry fine
- 0.3 cup parsley fresh chopped
- 2 teaspoons garlic fresh minced
- 0.3 cup olive oil
- 0.5 cup parmesan cheese grated
- 0.5 teaspoon pepper freshly ground
- 0.5 teaspoon lawry's seasoned salt
- 2 pounds shrimp unpeeled

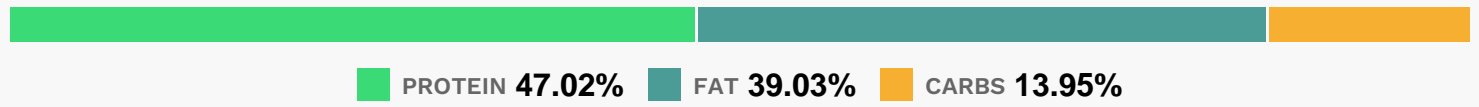
# Equipment

- bowl
- oven

# Directions

- Combine breadcrumbs, cheese, and parsley in a shallow dish; set aside.
- Peel shrimp, leaving tails intact, and devein, if desired.
- Place in a large bowl.
- Sprinkle shrimp with garlic, seasoned salt, and pepper.
- Drizzle with olive oil; toss gently.
- Dredge each shrimp in breadcrumb mixture. Arrange shrimp in an even layer in 2 greased 15-x 10-inch jellyroll pans.
- Bake at 400 for 15 to 20 minutes, stirring twice.

# Nutrition Facts



# Properties

Glycemic Index:7.83, Glycemic Load:0.07, Inflammation Score:-2, Nutrition Score:5.6639130743949%

# Flavonoids

Apigenin: 2.7mg, Apigenin: 2.7mg, Apigenin: 2.7mg, Apigenin: 2.7mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

# Nutrients (% of daily need)

Calories: 146.68kcal (7.33%), Fat: 6.39g (9.82%), Saturated Fat: 1.42g (8.87%), Carbohydrates: 5.13g (1.71%), Net Carbohydrates: 4.79g (1.74%), Sugar: 0.39g (0.43%), Cholesterol: 125.34mg (41.78%), Sodium: 304.59mg (13.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.31g (34.61%), Vitamin K: 23.82µg (22.69%), Phosphorus: 199.72mg (19.97%), Copper: 0.32mg (15.85%), Calcium: 99.3mg (9.93%), Zinc: 1.3mg (8.67%), Magnesium: 31.39mg (7.85%), Potassium: 229.11mg (6.55%), Manganese: 0.1mg (5.24%), Iron: 0.82mg (4.57%), Vitamin E: 0.68mg (4.56%), Selenium: 3.05µg (4.35%), Vitamin B1: 0.06mg (4.09%), Vitamin A: 141.84IU (2.84%), Vitamin B2: 0.04mg

(2.38%), Vitamin C: 1.82mg (2.2%), Folate: 8.6µg (2.15%), Vitamin B3: 0.42mg (2.11%), Fiber: 0.34g (1.37%), Vitamin B12: 0.08µg (1.29%)