



Baked Shrimp in Lemony Garlic Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



282 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons parsley fresh chopped
- ☐ 3 garlic clove minced
- ☐ 0.3 teaspoon ground pepper red
- ☐ 0.3 cup juice of lemon fresh (2 lemons)
- ☐ 0.8 teaspoon lemon pepper
- ☐ 2 tablespoons butter light melted
- ☐ 1 pound shrimp deveined peeled
- ☐ 1 teaspoon worcestershire sauce

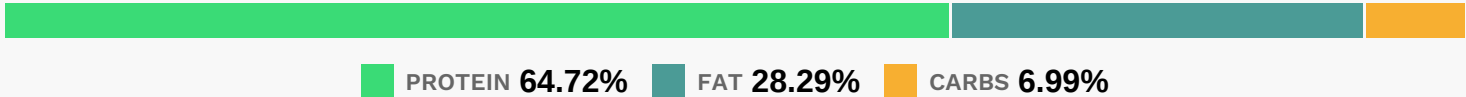
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 42
- ☐ Arrange shrimp in a single layer in a 13 x 9-inch baking dish coated with cooking spray.
- ☐ Combine lemon juice and next 5 ingredients; pour over shrimp.
- ☐ Bake at 425 for 8 to 10 minutes or until shrimp are done.
- ☐ Sprinkle the parsley sover shrimp, and serve immediately.
- ☐ carbo rating: 7

Nutrition Facts



Properties

Glycemic Index:63, Glycemic Load:0.57, Inflammation Score:-5, Nutrition Score:14.059565248697%

Flavonoids

Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 282.48kcal (14.12%), Fat: 9.07g (13.95%), Saturated Fat: 5.07g (31.71%), Carbohydrates: 5.04g (1.68%), Net Carbohydrates: 4.47g (1.62%), Sugar: 1.18g (1.31%), Cholesterol: 379.98mg (126.66%), Sodium: 317.46mg (13.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 46.67g (93.34%), Vitamin K: 67.81µg (64.58%), Phosphorus: 505.47mg (50.55%), Copper: 0.93mg (46.4%), Vitamin C: 19.11mg (23.16%), Magnesium: 87.09mg (21.77%), Zinc: 3.21mg (21.38%), Potassium: 719.3mg (20.55%), Calcium: 174.27mg (17.43%), Vitamin A: 687.41IU (13.75%), Manganese: 0.26mg (13.04%), Iron: 1.93mg (10.73%), Vitamin B6: 0.08mg (4.16%), Folate: 13.09µg (3.27%), Vitamin

E: 0.39mg (2.57%), Fiber: 0.58g (2.3%), Vitamin B2: 0.03mg (1.81%), Vitamin B1: 0.02mg (1.66%), Selenium: 0.89µg (1.27%)