



Baked Shrimp In Lemony Garlic Sauce

 Gluten Free

READY IN



16 min.

SERVINGS



4

CALORIES



165 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons parsley fresh chopped
- ☐ 3 garlic cloves minced
- ☐ 0.3 teaspoon ground pepper red
- ☐ 0.3 cup juice of lemon fresh
- ☐ 0.8 teaspoon lemon-pepper seasoning
- ☐ 2 tablespoons butter light melted
- ☐ 1.3 pounds shrimp deveined peeled
- ☐ 1 teaspoon worcestershire sauce

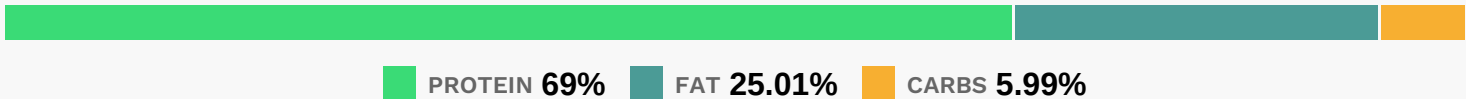
Equipment

- ☐ 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 parsley over shrimp; serve immediately.

Nutrition Facts



Properties

Glycemic Index:31.5, Glycemic Load:0.29, Inflammation Score:-3, Nutrition Score:7.9804347857185%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 165.34kcal (8.27%), Fat: 4.68g (7.2%), Saturated Fat: 2.57g (16.04%), Carbohydrates: 2.52g (0.84%), Net Carbohydrates: 2.23g (0.81%), Sugar: 0.59g (0.65%), Cholesterol: 235.63mg (78.54%), Sodium: 192.47mg (8.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.03g (58.06%), Vitamin K: 33.9µg (32.29%), Phosphorus: 313.4mg (31.34%), Copper: 0.57mg (28.74%), Magnesium: 53.47mg (13.37%), Zinc: 1.98mg (13.22%), Potassium: 434.49mg (12.41%), Vitamin C: 9.55mg (11.58%), Calcium: 105.28mg (10.53%), Manganese: 0.14mg (6.99%), Vitamin A: 343.71IU (6.87%), Iron: 1.11mg (6.19%), Vitamin B6: 0.04mg (2.08%), Folate: 6.54µg (1.64%), Vitamin E: 0.19mg (1.28%), Fiber: 0.29g (1.15%)