

Barbecue Shrimp



Gluten Free



Low Fod Map

READY IN



35 min.

SERVINGS



6

CALORIES



231 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup butter melted
- ☐ 0.5 cup flat-leaf parsley fresh loosely packed
- ☐ 1.5 pounds shrimp raw unpeeled ()
- ☐ 1 large optional: lemon cut into wedges
- ☐ 0.7 oz dressing mix italian

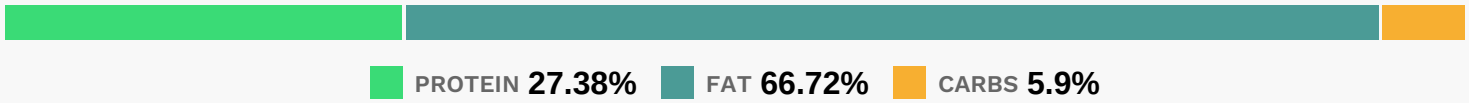
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 42
- ☐ Place shrimp and lemon in a 13- x 9-inch baking dish. Stir together dressing mix and butter.
- ☐ Pour butter mixture over shrimp, stirring to coat.
- ☐ Bake, covered, at 425 for 25 to 30 minutes or just until shrimp turn pink, stirring once.
- ☐ Remove shrimp mixture from oven, and sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:17.92, Glycemic Load:0.35, Inflammation Score:-7, Nutrition Score:13.993913158126%

Flavonoids

Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 10.77mg, Apigenin: 10.77mg, Apigenin: 10.77mg, Apigenin: 10.77mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 231.1kcal (11.56%), Fat: 17.28g (26.58%), Saturated Fat: 9.96g (62.28%), Carbohydrates: 3.44g (1.15%), Net Carbohydrates: 2.77g (1.01%), Sugar: 0.86g (0.96%), Cholesterol: 183.55mg (61.18%), Sodium: 799.47mg (34.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.95g (31.91%), Vitamin K: 85.52µg (81.44%), Selenium: 33.9µg (48.43%), Phosphorus: 287.51mg (28.75%), Vitamin A: 1103.19IU (22.06%), Vitamin B12: 1.29µg (21.51%), Vitamin C: 16.2mg (19.64%), Vitamin E: 2.07mg (13.82%), Copper: 0.22mg (11.06%), Vitamin B3: 2.11mg (10.56%), Vitamin B6: 0.2mg (10.21%), Folate: 31.69µg (7.92%), Zinc: 1.18mg (7.89%), Calcium: 77.78mg (7.78%), Magnesium: 29.43mg (7.36%), Potassium: 188mg (5.37%), Vitamin B5: 0.43mg (4.27%), Iron: 0.67mg (3.71%), Fiber: 0.67g (2.68%), Vitamin B1: 0.04mg (2.39%), Manganese: 0.05mg (2.37%), Vitamin B2: 0.03mg (1.88%)