



Bayou Shrimp with Lemon-Rosemary Aioli

 **Gluten Free**  **Dairy Free**

READY IN



15 min.

SERVINGS



32

CALORIES



31 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup salad dressing
- 2 tablespoons olive oil extra virgin extra-virgin
- 1 medium clove garlic finely chopped
- 2 teaspoons juice of lemon
- 1 teaspoon lemon zest grated
- 0.5 teaspoon rosemary leaves fresh chopped
- 2 teaspoons olive oil extra virgin extra-virgin
- 1 lb shrimp with tails left on (32 shrimp) deveined uncooked peeled

- 0.8 teaspoon seafood seasoning
- 1 serving rosemary leaves fresh
- 1 serving lemon wedges

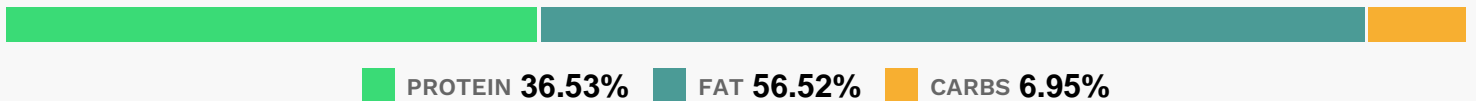
Equipment

- bowl
- frying pan
- toothpicks

Directions

- In small bowl, mix aioli ingredients until well blended.
- Heat 12-inch nonstick skillet over medium-high heat.
- Add 2 teaspoons oil; tilt skillet to lightly coat bottom.
- Add shrimp; sprinkle evenly with seafood seasoning. Cook 3 to 5 minutes, stirring frequently, until shrimp are pink.
- To serve, place shrimp and any cooking juices on serving platter. Arrange sprigs of rosemary and lemon wedges on platter.
- Serve with aioli and if desired, toothpicks.

Nutrition Facts



Properties

Glycemic Index:1.73, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:0.7665217326873%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 31.24kcal (1.56%), Fat: 1.98g (3.04%), Saturated Fat: 0.28g (1.75%), Carbohydrates: 0.55g (0.18%), Net Carbohydrates: 0.53g (0.19%), Sugar: 0.41g (0.46%), Cholesterol: 22.82mg (7.61%), Sodium: 53.4mg (2.32%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.88g (5.76%), Phosphorus: 31.17mg (3.12%), Vitamin K: 3.11µg (2.96%), Copper: 0.06mg (2.85%), Vitamin E: 0.24mg (1.63%), Magnesium: 5.33mg (1.33%), Zinc: 0.2mg (1.3%), Potassium: 41.9mg (1.2%), Calcium: 10.41mg (1.04%)