




BBQ Shrimp Scampi


 Dairy Free  Very Healthy

READY IN




75 min.

SERVINGS



4

CALORIES



562 kcal

LUNCH MAIN COURSE MAIN DISH DINNER

Ingredients

- 0.5 teaspoon cayenne pepper
- 2 stalks celery diced
- 1 tablespoon flat-leaf parsley leaves fresh minced
- 1 tablespoon thyme leaves fresh minced
- 2 cloves garlic with the side of a knife blade and minced crushed
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- 1 tablespoon grapeseed oil
- 1 large bell pepper diced green seeds removed and small

- 1 cup catsup
- 1 medium onion minced
- 1 large bell pepper diced red seeds removed and medium
- 1 tablespoon mesquite seasoning
- 1 pound shrimp deveined ()

Equipment

- frying pan
- pot

Directions

- Heat the grapeseed oil in a small saucepot over medium heat and saute onion until translucent.
- Add garlic and saute for 2 more minutes. Stir in ketchup, mesquite seasoning and cayenne pepper. Reduce heat to low, cover and let simmer for 15 minutes.
- Heat grapeseed oil over medium heat in a skillet and add garlic, celery, red bell pepper, green bell pepper, thyme and parsley. Cook for about 5 to 10 minutes until vegetables soften and flavors are integrated. Stir in shrimp and cook until they are just pink and opaque. Do not overcook shrimp.
- Remove to a platter. Spoon sauce over and sprinkle with parsley.

Nutrition Facts



PROTEIN 12.08% **FAT 9.09%** **CARBS 78.83%**

Properties

Glycemic Index:92.75, Glycemic Load:35.77, Inflammation Score:-10, Nutrition Score:29.348260838053%

Flavonoids

Apigenin: 2.77mg, Apigenin: 2.77mg, Apigenin: 2.77mg, Apigenin: 2.77mg Luteolin: 3.2mg, Luteolin: 3.2mg, Luteolin: 3.2mg, Luteolin: 3.2mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 7.23mg, Quercetin: 7.23mg, Quercetin: 7.23mg, Quercetin: 7.23mg

7.23mg

Nutrients (% of daily need)

Calories: 562.1kcal (28.1%), Fat: 5.78g (8.89%), Saturated Fat: 0.8g (5.03%), Carbohydrates: 112.83g (37.61%), Net Carbohydrates: 104.69g (38.07%), Sugar: 20.16g (22.4%), Cholesterol: 0mg (0%), Sodium: 573.2mg (24.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.29g (34.58%), Vitamin C: 95.9mg (116.25%), Selenium: 72.96µg (104.23%), Manganese: 1.52mg (76.13%), Vitamin K: 52.56µg (50.06%), Vitamin A: 2168.12IU (43.36%), Fiber: 8.13g (32.54%), Vitamin B6: 0.6mg (30.18%), Phosphorus: 274.79mg (27.48%), Vitamin E: 3.63mg (24.18%), Magnesium: 96.28mg (24.07%), Copper: 0.47mg (23.75%), Iron: 3.9mg (21.64%), Potassium: 751.73mg (21.48%), Vitamin B3: 3.74mg (18.7%), Folate: 72.62µg (18.16%), Vitamin B2: 0.27mg (15.71%), Zinc: 2.11mg (14.08%), Calcium: 127.41mg (12.74%), Vitamin B1: 0.19mg (12.41%), Vitamin B5: 0.83mg (8.34%)