



Brothy Shrimp and Rice Scampi



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



275 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3.5 cups chicken broth organic swanson® (Regular, Natural or Certified)
- ☐ 4 cloves garlic minced
- ☐ 2 medium green onions thinly sliced
- ☐ 2 tablespoons juice of lemon
- ☐ 1 tablespoon olive oil
- ☐ 0.8 cup regular rice long-grain white uncooked
- ☐ 1 pound shrimp fresh shelled deveined

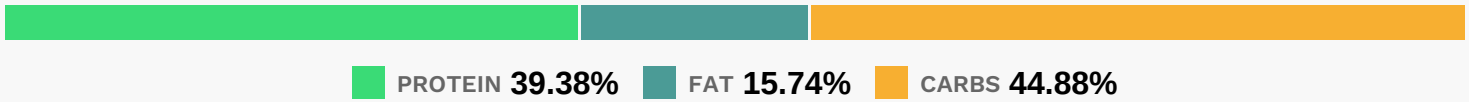
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Heat the broth in a 2-quart saucepan over high heat to a boil. Stir in the rice. Reduce the heat to low. Cover and cook for 20 minutes.
- ☐ Heat the oil in a 10-inch skillet over medium-high heat.
- ☐ Add the shrimp and garlic. Cook and stir for 5 minutes or until the shrimp turn pink.
- ☐ Divide the shrimp among 4 serving bowls. Stir the juice into the rice mixture and pour over the shrimp. Top with the green onions.

Nutrition Facts



Properties

Glycemic Index:30.8, Glycemic Load:17.09, Inflammation Score:-2, Nutrition Score:9.3952174834583%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg

Nutrients (% of daily need)

Calories: 274.8kcal (13.74%), Fat: 4.79g (7.36%), Saturated Fat: 0.69g (4.34%), Carbohydrates: 30.7g (10.23%), Net Carbohydrates: 29.97g (10.9%), Sugar: 1.32g (1.47%), Cholesterol: 186.68mg (62.23%), Sodium: 901.4mg (39.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.94g (53.87%), Phosphorus: 298.75mg (29.88%), Manganese: 0.57mg (28.62%), Copper: 0.57mg (28.35%), Vitamin K: 17.72µg (16.87%), Zinc: 2.11mg (14.06%), Magnesium: 53.12mg (13.28%), Potassium: 416.76mg (11.91%), Calcium: 101.83mg (10.18%), Selenium: 6.54µg (9.34%), Vitamin B2: 0.15mg (8.75%), Iron: 1.2mg (6.66%), Vitamin C: 5.25mg (6.36%), Vitamin B3: 1.07mg (5.36%), Vitamin B1: 0.08mg (5.29%), Vitamin B6: 0.1mg (5.11%), Vitamin E: 0.68mg (4.53%), Vitamin B5: 0.4mg (4.04%), Fiber: 0.73g (2.93%), Folate: 9.16µg (2.29%), Vitamin A: 79.61IU (1.59%)