



## Butterflied Garlic Shrimp

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



185 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 2 tablespoons butter melted
- ☐ 6 cloves garlic minced
- ☐ 4 teaspoons hot sauce
- ☐ 0.5 cup juice of lemon
- ☐ 4 servings salt
- ☐ 1.3 pounds shrimp (peeled per lb.),

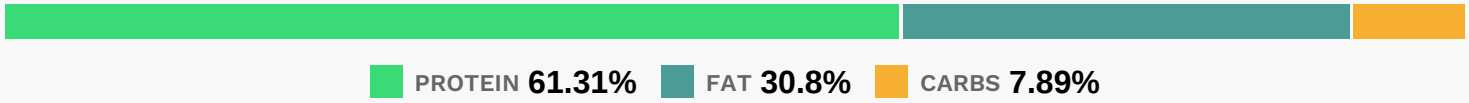
## Equipment

- ☐ grill

# Directions

- ☐ Cut almost through each shrimp down its back, from neck to tail. Pull out and discard veins. Rinse shrimp and lay open, cut sides down, pressing to flatten.
- ☐ Lay butterflied shrimp in a container, about 9 by 13 inches.
- ☐ Mix lime juice, garlic, butter, and hot sauce and pour half over the shrimp. If making ahead, cover and chill shrimp and reserved sauce up to 1 hour.
- ☐ Lay shrimp, spread open, on a grill above a solid bed of hot coals or over high heat on a gas grill (you can hold your hand at grill level only 2 to 3 seconds). Close lid on gas grill. Cook, turning once, until shrimp are pink and opaque but still moist-looking in thickest part (cut to test), 5 to 7 minutes total.
- ☐ Transfer to a platter as cooked.
- ☐ Combine shrimp marinade and reserved sauce and heat until boiling. Spoon sauce over grilled shrimp and add salt to taste.

## Nutrition Facts



## Properties

Glycemic Index:7.5, Glycemic Load:0.42, Inflammation Score:-3, Nutrition Score:6.8621738562765%

## Flavonoids

Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

## Nutrients (% of daily need)

Calories: 184.67kcal (9.23%), Fat: 6.47g (9.95%), Saturated Fat: 1.33g (8.32%), Carbohydrates: 3.73g (1.24%), Net Carbohydrates: 3.53g (1.28%), Sugar: 0.86g (0.96%), Cholesterol: 228.21mg (76.07%), Sodium: 535.27mg (23.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.97g (57.94%), Phosphorus: 314.71mg (31.47%), Copper: 0.57mg (28.69%), Vitamin C: 16.21mg (19.65%), Magnesium: 52.98mg (13.25%), Zinc: 1.97mg (13.15%), Potassium: 432.41mg (12.35%), Calcium: 103.23mg (10.32%), Manganese: 0.13mg (6.41%), Vitamin A: 259.11IU (5.18%), Iron: 0.86mg (4.77%), Vitamin B6: 0.08mg (3.84%), Vitamin E: 0.27mg (1.81%), Folate: 6.55µg (1.64%), Vitamin B1: 0.02mg (1.23%)