



## Dijon Shrimp Scampi

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

READY IN



15 min.

SERVINGS



15

CALORIES



86 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 3 cups rice hot cooked
- 2 Tbsp grey poupon country dijon mustard
- 0.3 cup parsley fresh chopped
- 1 clove garlic minced
- 2 Tbsp juice of lemon
- 2 Tbsp olive oil
- 1 lb shrimp cleaned

### Equipment

frying pan

## Directions

- Cook and stir shrimp and garlic in hot oil in large skillet on medium-high heat until shrimp turn pink.
- Add mustard, lemon juice and parsley; mix well. Cook until heated through, stirring occasionally.
- Serve over rice.

## Nutrition Facts

**PROTEIN 33.21%** **FAT 23.18%** **CARBS 43.61%**

## Properties

Glycemic Index:13.53, Glycemic Load:9.6, Inflammation Score:-1, Nutrition Score:3.1973912702954%

## Flavonoids

Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 85.6kcal (4.28%), Fat: 2.19g (3.37%), Saturated Fat: 0.32g (2%), Carbohydrates: 9.28g (3.09%), Net Carbohydrates: 9.02g (3.28%), Sugar: 0.11g (0.12%), Cholesterol: 48.69mg (16.23%), Sodium: 58.95mg (2.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.06g (14.13%), Vitamin K: 17.56µg (16.72%), Manganese: 0.17mg (8.63%), Phosphorus: 81.51mg (8.15%), Copper: 0.14mg (7.2%), Selenium: 3.08µg (4.4%), Magnesium: 16.01mg (4%), Zinc: 0.59mg (3.91%), Potassium: 102.31mg (2.92%), Vitamin C: 2.17mg (2.64%), Calcium: 25.65mg (2.57%), Vitamin E: 0.3mg (1.99%), Iron: 0.33mg (1.83%), Vitamin B6: 0.04mg (1.75%), Vitamin A: 85.8IU (1.72%), Vitamin B5: 0.14mg (1.37%), Fiber: 0.26g (1.02%)