



 2%
HEALTH SCORE

Easy Shrimp Scampi

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



262 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 tablespoons butter
- 2 tablespoons parsley fresh
- 6 cloves garlic minced
- 2 tablespoons juice of lemon
- 1 tablespoon olive oil
- 0.3 teaspoon pepper
- 0.5 teaspoon salt
- 1 pound shrimp shelled

0.5 cup wine

Equipment

frying pan

Directions

In a large skillet, melt butter and oil.

Add garlic and saute 30 seconds. Stir in wine and lemon juice and cook 1 minute. Stir in shrimp, parsley, salt and pepper. Cook 2–3 minutes over high heat, stir constantly.

Serve with pasta or rice.

Nutrition Facts



Properties

Glycemic Index:39.75, Glycemic Load:0.57, Inflammation Score:-4, Nutrition Score:7.5939130434783%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 261.7kcal (13.08%), Fat: 15.49g (23.83%), Saturated Fat: 7.8g (48.78%), Carbohydrates: 3g (1%), Net Carbohydrates: 2.79g (1.01%), Sugar: 0.55g (0.61%), Cholesterol: 212.67mg (70.89%), Sodium: 519.2mg (22.57%), Alcohol: 3.09g (17.17%), Protein: 23.32g (46.64%), Vitamin K: 36.29µg (34.56%), Phosphorus: 260.27mg (26.03%), Copper: 0.46mg (23.21%), Magnesium: 45.77mg (11.44%), Zinc: 1.65mg (10.98%), Vitamin A: 519.88IU (10.4%), Potassium: 362.64mg (10.36%), Calcium: 90.76mg (9.08%), Vitamin C: 6.97mg (8.44%), Manganese: 0.17mg (8.43%), Vitamin E: 0.86mg (5.73%), Iron: 0.91mg (5.08%), Vitamin B6: 0.08mg (3.84%), Folate: 5.42µg (1.35%), Selenium: 0.83µg (1.18%), Vitamin B2: 0.02mg (1.03%)