



Garlic-and-Rosemary Shrimp

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



299 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 bay leaves
- 2 tablespoons butter
- 0.5 cup cooking wine dry white
- 0.3 cup olive oil extra virgin
- 2 tablespoons rosemary fresh chopped
- 1 large garlic bulb
- 1 slices garnishes: lemon chile peppers fresh red
- 1 tablespoon juice of lemon

- 1 teaspoon oregano dried
- 3 chile peppers dried red
- 0.5 teaspoon pepper dried red crushed
- 1 teaspoon salt
- 1 pound shrimp fresh unpeeled
- 2 tablespoons citrus champagne vinegar

Equipment

- frying pan

Directions

- Peel shrimp, leaving tails on; devein, if desired, and set aside.
- Melt butter with oil in a skillet over medium-high heat.
- Cut garlic bulb in half crosswise; separate and peel cloves.
- Add to butter mixture; saute 2 minutes.
- Stir in wine and next 8 ingredients; cook, stirring constantly, 1 minute or until thoroughly heated.
- Add shrimp; cook 5 to 6 minutes or just until shrimp turn pink.
- Garnish, if desired.
- Note: If serving over pasta, remove bay leaves.

Nutrition Facts

  
 **PROTEIN 32.91%**  **FAT 63.69%**  **CARBS 3.4%**

Properties

Glycemic Index:23.75, Glycemic Load:0.2, Inflammation Score:-7, Nutrition Score:6.6234782555181%

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: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.66mg,

Hesperetin: 0.66mg, Hesperetin: 0.66mg, Hesperetin: 0.66mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 298.92kcal (14.95%), Fat: 19.87g (30.57%), Saturated Fat: 3.2g (19.97%), Carbohydrates: 2.39g (0.8%), Net Carbohydrates: 1.79g (0.65%), Sugar: 0.6g (0.66%), Cholesterol: 182.57mg (60.86%), Sodium: 789.72mg (34.34%), Alcohol: 3.09g (100%), Alcohol %: 2.18% (100%), Protein: 23.1g (46.21%), Phosphorus: 254.67mg (25.47%), Copper: 0.46mg (22.94%), Vitamin E: 2.37mg (15.78%), Magnesium: 46.74mg (11.68%), Vitamin K: 12.07µg (11.5%), Zinc: 1.61mg (10.74%), Potassium: 359.73mg (10.28%), Vitamin A: 468.9IU (9.38%), Calcium: 92.71mg (9.27%), Manganese: 0.14mg (6.95%), Iron: 1.15mg (6.4%), Vitamin C: 2.48mg (3.01%), Fiber: 0.6g (2.39%), Vitamin B6: 0.05mg (2.3%), Vitamin B2: 0.02mg (1.18%)