



Garlic Butterflied Shrimp



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



263 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 lb butter
- ☐ 3 tablespoons garlic minced
- ☐ 10 servings lime wedges
- ☐ 10 servings salt and pepper
- ☐ 2.5 pounds shrimp per lb.)

Equipment

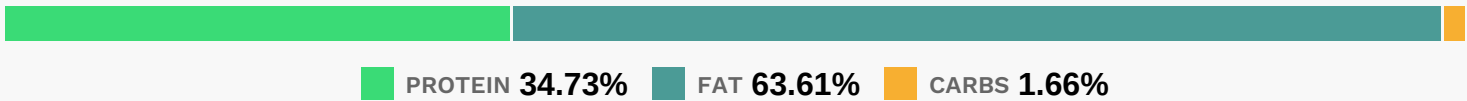
- ☐ frying pan
- ☐ grill

- ☐ skewers
- ☐ metal skewers

Directions

- ☐ Peel shrimp, then cut each down the back, from neck to tail, almost all the way through. Pull out and discard veins. Rinse shrimp and lay open, cut sides down, pressing gently to flatten. For easier handling and to hold shrimp flat, run thin metal skewers, in parallel pairs, crosswise through shellfish, filling skewers.
- ☐ In a 6- to 8-inch frying pan over low heat, stir butter and garlic occasionally until butter melts, about 4 minutes.
- ☐ Remove from heat.
- ☐ Mix or brush shrimp with 2/3 cup of the butter mixture.
- ☐ Lay shrimp, spread open, on a barbecue grill over 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 opaque but still moist-looking in thickest part (cut to test), 5 to 7 minutes.
- ☐ Transfer to a platter as cooked.
- ☐ Warm remaining garlic butter and spoon over shrimp.
- ☐ Add salt and pepper to taste. Squeeze lime onto shrimp to taste.

Nutrition Facts



Properties

Glycemic Index:6.2, Glycemic Load:0.25, Inflammation Score:-5, Nutrition Score:5.2243478298187%

Flavonoids

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 263.33kcal (13.17%), Fat: 18.85g (29%), Saturated Fat: 3.9g (24.4%), Carbohydrates: 1.1g (0.37%), Net Carbohydrates: 1.03g (0.37%), Sugar: 0.04g (0.05%), Cholesterol: 182.57mg (60.86%), Sodium: 543.03mg (23.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.16g (46.31%), Phosphorus: 251.74mg (25.17%), Copper: 0.45mg (22.57%), Vitamin A: 811.97IU (16.24%), Zinc: 1.55mg (10.33%), Magnesium: 41.03mg (10.26%), Potassium: 319.58mg (9.13%), Calcium: 84.17mg (8.42%), Vitamin E: 0.71mg (4.71%), Manganese: 0.08mg (3.91%), Iron: 0.64mg (3.55%), Vitamin B6: 0.03mg (1.61%), Vitamin C: 1.09mg (1.32%)