



## Garlicky Appetizer Shrimp Scampi

 Gluten Free

READY IN



21 min.

SERVINGS



6

CALORIES



313 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tablespoons chives fresh minced
- 1 tablespoon garlic minced
- 0.3 cup olive oil
- 0.5 teaspoon paprika
- 6 servings salt and pepper black freshly ground to taste
- 1 tablespoon shallots minced
- 2 pounds shrimp deveined peeled
- 6 tablespoons butter unsalted softened

# Equipment

- bowl
- grill

# Directions

- Preheat grill for high heat.
- In a large bowl, mix together softened butter, olive oil, garlic, shallots, chives, salt, pepper, and paprika; add the shrimp, and toss to coat.
- Lightly oil grill grate. Cook the shrimp as close to the flame as possible for 2 to 3 minutes per side, or until opaque.

# Nutrition Facts

**PROTEIN 38.74%** **FAT 60.09%** **CARBS 1.17%**

# Properties

Glycemic Index:25.33, Glycemic Load:0.22, Inflammation Score:-3, Nutrition Score:6.9778259986121%

# Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

# Nutrients (% of daily need)

Calories: 312.67kcal (15.63%), Fat: 21.17g (32.56%), Saturated Fat: 8.59g (53.71%), Carbohydrates: 0.93g (0.31%), Net Carbohydrates: 0.74g (0.27%), Sugar: 0.19g (0.21%), Cholesterol: 273.53mg (91.18%), Sodium: 182.24mg (7.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.7g (61.41%), Phosphorus: 331.22mg (33.12%), Copper: 0.6mg (30.15%), Zinc: 2.07mg (13.83%), Magnesium: 54.77mg (13.69%), Potassium: 421.61mg (12.05%), Vitamin E: 1.67mg (11.16%), Calcium: 104.99mg (10.5%), Vitamin A: 476.21IU (9.52%), Vitamin K: 8.86µg (8.44%), Iron: 0.94mg (5.24%), Manganese: 0.1mg (4.84%), Vitamin D: 0.21µg (1.4%), Vitamin B6: 0.03mg (1.4%), Vitamin C: 1.13mg (1.37%)