



Garlicky Shrimp

READY IN



45 min.

SERVINGS



8

CALORIES



207 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 servings bread sliced for serving
- ☐ 2 tablespoons butter
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 2 cloves garlic finely chopped
- ☐ 8 servings kosher salt
- ☐ 2 tablespoons olive oil
- ☐ 2 scallions sliced
- ☐ 1.5 pounds bay shrimp thawed cooked

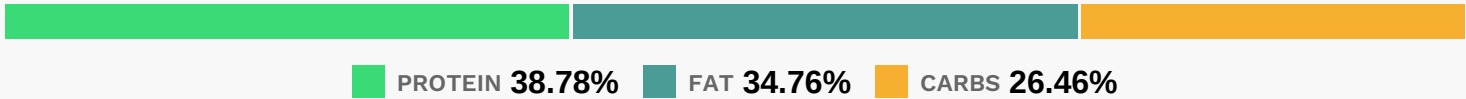
Equipment

☐ frying pan

Directions

- ☐ Heat the oil, butter, garlic, and red pepper in a medium skillet over medium heat. Cook, stirring, until soft (do not let the garlic brown), 2 to 3 minutes.
- ☐ Remove from heat, add the shrimp, scallions, and 1/2 teaspoon salt, and toss to coat.
- ☐ Serve warm or at room temperature with the sliced bread. (The shrimp can be made 8 hours in advance and refrigerated; bring to room temperature or reheat before serving.)

Nutrition Facts



Properties

Glycemic Index:21.33, Glycemic Load:7.26, Inflammation Score:-2, Nutrition Score:7.4930435098384%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 207.3kcal (10.37%), Fat: 8.06g (12.4%), Saturated Fat: 2.57g (16.04%), Carbohydrates: 13.8g (4.6%), Net Carbohydrates: 12.57g (4.57%), Sugar: 1.69g (1.88%), Cholesterol: 144.45mg (48.15%), Sodium: 451.65mg (19.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.23g (40.46%), Phosphorus: 221.41mg (22.14%), Manganese: 0.38mg (19.04%), Copper: 0.38mg (18.97%), Selenium: 8.24µg (11.77%), Magnesium: 42.2mg (10.55%), Zinc: 1.46mg (9.72%), Vitamin K: 10.01µg (9.54%), Calcium: 94.15mg (9.41%), Iron: 1.54mg (8.56%), Vitamin B3: 1.59mg (7.97%), Potassium: 277.43mg (7.93%), Vitamin B1: 0.12mg (7.9%), Folate: 25.86µg (6.47%), Fiber: 1.24g (4.94%), Vitamin E: 0.68mg (4.53%), Vitamin B2: 0.08mg (4.44%), Vitamin A: 136.53IU (2.73%), Vitamin B5: 0.24mg (2.41%), Vitamin B6: 0.04mg (2.18%), Vitamin C: 0.85mg (1.04%)