



Grilled Shrimp Scampi

 Gluten Free

READY IN



55 min.

SERVINGS



4

CALORIES



299 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup canola oil
- ☐ 1 teaspoon ground fennel seed
- ☐ 2 teaspoons thyme leaves fresh chopped for garnish
- ☐ 10 cloves garlic
- ☐ 12 jumbo shrimp deveined peeled
- ☐ 1 large lemon zest juiced
- ☐ 0.3 cup parsley leaves fresh italian chopped for garnish
- ☐ 0.3 teaspoon pepper flakes red crushed

- ☐ 4 servings salt and pepper black freshly ground
- ☐ 1 tablespoon tarragon leaves chopped
- ☐ 1 stick butter unsalted

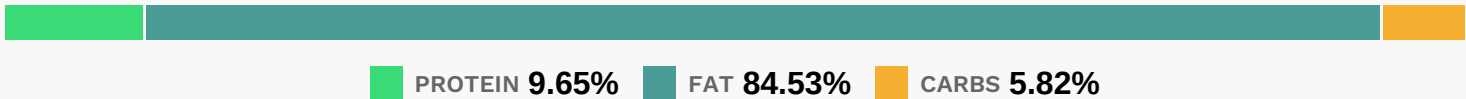
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ baking pan
- ☐ grill

Directions

- ☐ Watch how to make this recipe.
- ☐ Put the shrimp in a large baking dish.
- ☐ Combine the canola oil, garlic, red pepper flakes and fennel seed in a small food processor and process until the garlic is somewhat paste-like.
- ☐ Pour this mixture over the shrimp and let them marinate for 30 minutes.
- ☐ Light a grill to high heat.
- ☐ Strain the shrimp from the marinade and season them with salt and black pepper, to taste. Grill the shrimp on both sides until they are slightly charred and just cooked through, about 2 minutes per side (see Cook's Note).
- ☐ Transfer the shrimp to a plate.
- ☐ Melt the butter in a large saute pan set over the grates of the grill.
- ☐ Add the lemon zest, lemon juice, tarragon and thyme leaves and cook for 30 seconds.
- ☐ Add the shrimp and cook, tossing once, about 1 minute. Finish with the parsley and adjust the seasonings, if necessary.
- ☐ Transfer the shrimp to a serving platter and garnish with thyme and parsley.

Nutrition Facts



Properties

Glycemic Index:52.25, Glycemic Load:1.32, Inflammation Score:-9, Nutrition Score:12.707391471966%

Flavonoids

Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 299.29kcal (14.96%), Fat: 28.98g (44.58%), Saturated Fat: 15.01g (93.8%), Carbohydrates: 4.49g (1.5%), Net Carbohydrates: 3.51g (1.28%), Sugar: 0.2g (0.22%), Cholesterol: 109.04mg (36.35%), Sodium: 45.96mg (2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.44g (14.88%), Manganese: 2.24mg (111.95%), Vitamin K: 67.89µg (64.66%), Vitamin A: 1182.59IU (23.65%), Vitamin C: 11.84mg (14.36%), Vitamin E: 1.72mg (11.48%), Phosphorus: 94.32mg (9.43%), Copper: 0.18mg (8.81%), Iron: 1.4mg (7.76%), Calcium: 77.56mg (7.76%), Vitamin B6: 0.15mg (7.42%), Magnesium: 24.99mg (6.25%), Potassium: 210.41mg (6.01%), Zinc: 0.67mg (4.46%), Fiber: 0.98g (3.91%), Vitamin B2: 0.05mg (3.07%), Folate: 12.26µg (3.07%), Vitamin D: 0.42µg (2.83%), Selenium: 1.47µg (2.1%), Vitamin B1: 0.03mg (1.72%), Vitamin B3: 0.34mg (1.7%), Vitamin B5: 0.1mg (1.02%)