



Herbed Shrimp Scampi in a Pouch

 Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



407 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup butter
- ☐ 0.3 teaspoon basil dried
- ☐ 0.3 teaspoon rosemary dried
- ☐ 2 tablespoons cooking wine dry white
- ☐ 1 clove garlic minced
- ☐ 0.5 teaspoon ground pepper black
- ☐ 3 tablespoons juice of lemon
- ☐ 0.5 teaspoon salt

☐

2 pounds shrimp deveined peeled

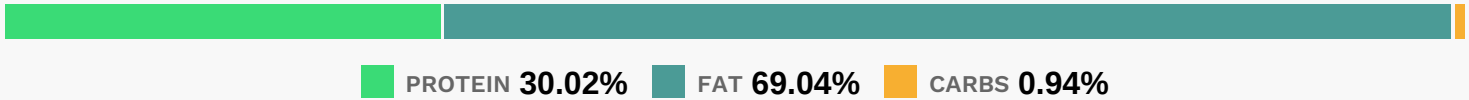
Equipment

- ☐ frying pan
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Preheat grill for medium heat.
- ☐ Melt butter in a large skillet over medium heat; cook and stir garlic, rosemary, and basil in the hot butter until garlic is fragrant and beginning to brown, about 5 minutes. Stir lemon juice, white wine, salt, and black pepper into butter and garlic.
- ☐ Arrange about 6 shrimp onto each square of aluminum foil and drizzle the butter and herb mixture over shrimp. Gather up the corners of the foil squares and twist the tops to form tight packets.
- ☐ Grill the packets on the preheated grill until shrimp are opaque and pink, 10 to 12 minutes.

Nutrition Facts



Properties

Glycemic Index:32.83, Glycemic Load:0.1, Inflammation Score:-5, Nutrition Score:7.0160869917144%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.11mg, Hesperetin: 1.11mg, Hesperetin: 1.11mg, Hesperetin: 1.11mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 406.81kcal (20.34%), Fat: 31.48g (48.43%), Saturated Fat: 19.61g (122.54%), Carbohydrates: 0.96g (0.32%), Net Carbohydrates: 0.87g (0.32%), Sugar: 0.27g (0.3%), Cholesterol: 324.77mg (108.26%), Sodium: 617.46mg (26.85%), Alcohol: 0.51g (100%), Alcohol %: 0.32% (100%), Protein: 30.8g (61.6%), Phosphorus: 335.29mg

(33.53%), Copper: 0.6mg (29.87%), Vitamin A: 947.3IU (18.95%), Zinc: 2.08mg (13.87%), Magnesium: 55.35mg (13.84%), Potassium: 424.91mg (12.14%), Calcium: 109.5mg (10.95%), Vitamin E: 0.9mg (5.97%), Iron: 0.88mg (4.88%), Manganese: 0.09mg (4.55%), Vitamin C: 3.06mg (3.71%), Vitamin K: 3.66µg (3.49%), Vitamin B12: 0.06µg (1.07%)