



How to Make Simple Garlic Shrimp



Gluten Free



Popular

READY IN



25 min.

SERVINGS



4

CALORIES



192 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon caper brine
- ☐ 1.5 tablespoons butter cold
- ☐ 0.3 cup flat parsley italian divided chopped
- ☐ 6 cloves garlic finely minced
- ☐ 3 tablespoons juice of lemon
- ☐ 1.5 tablespoons olive oil
- ☐ 0.3 teaspoon pepper flakes red
- ☐ 4 servings salt to taste

- ☐ 1 pound shrimp deveined peeled
- ☐ 4 servings water as needed

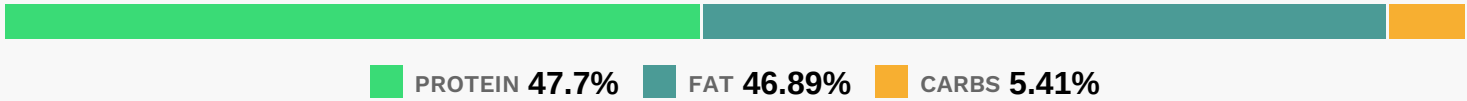
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ slotted spoon

Directions

- ☐ Heat olive oil in a heavy skillet over high heat until it just begins to smoke.
- ☐ Place shrimp in an even layer on the bottom of the pan and cook for 1 minute without stirring.
- ☐ Season shrimp with salt; cook and stir until shrimp begin to turn pink, about 1 minute.
- ☐ Stir in garlic and red pepper flakes; cook and stir 1 minute. Stir in lemon juice, caper brine, 1 1/2 teaspoon cold butter, and half the parsley.
- ☐ Cook until butter has melted, about 1 minute, then turn heat to low and stir in 1 1/2 tablespoon cold butter. Cook and stir until all butter has melted to form a thick sauce and shrimp are pink and opaque, about 2 to 3 minutes.
- ☐ Remove shrimp with a slotted spoon and transfer to a bowl; continue to cook butter sauce, adding water 1 teaspoon at a time if too thick, about 2 minutes. Season with salt to taste.
- ☐ Serve shrimp topped with the pan sauce.
- ☐ Garnish with remaining flat-leaf parsley.

Nutrition Facts



Properties

Glycemic Index:28, Glycemic Load:0.47, Inflammation Score:-5, Nutrition Score:10.102608829737%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.06mg,

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.82mg, Myricetin: 0.82mg, Myricetin: 0.82mg, Myricetin: 0.82mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 191.77kcal (9.59%), Fat: 10.19g (15.68%), Saturated Fat: 3.56g (22.22%), Carbohydrates: 2.65g (0.88%), Net Carbohydrates: 2.31g (0.84%), Sugar: 0.38g (0.43%), Cholesterol: 193.86mg (64.62%), Sodium: 489.13mg (21.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.33g (46.66%), Vitamin K: 85.74µg (81.65%), Phosphorus: 254.99mg (25.5%), Copper: 0.51mg (25.27%), Vitamin C: 12.41mg (15.04%), Vitamin A: 590.54IU (11.81%), Magnesium: 46.65mg (11.66%), Zinc: 1.67mg (11.1%), Potassium: 360.49mg (10.3%), Calcium: 97.24mg (9.72%), Vitamin E: 0.98mg (6.56%), Manganese: 0.12mg (6.23%), Iron: 1.04mg (5.77%), Vitamin B6: 0.07mg (3.41%), Folate: 10.18µg (2.54%), Fiber: 0.34g (1.35%), Vitamin B1: 0.02mg (1.1%), Selenium: 0.73µg (1.05%)