



Lemon Pepper Shrimp Scampi

READY IN



45 min.

SERVINGS



4

CALORIES



328 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 teaspoons garlic fresh minced
- ☐ 1.5 pounds shrimp deveined peeled
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 cup orzo pasta uncooked
- ☐ 0.5 teaspoon salt divided
- ☐ 7 teaspoons butter unsalted divided

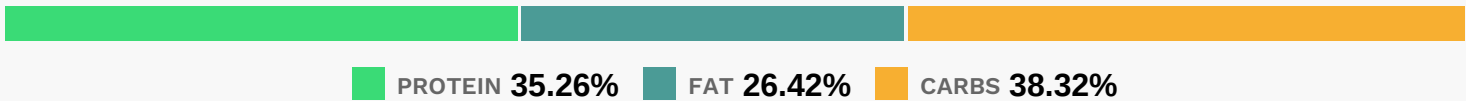
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cook orzo according to package directions, omitting salt and fat.
- ☐ Drain.
- ☐ Place orzo in a medium bowl. Stir in parsley and 1/4 teaspoon salt; cover and keep warm.
- ☐ While orzo cooks, melt 1 tablespoon butter in a large nonstick skillet over medium-high heat.
- ☐ Sprinkle shrimp with remaining 1/4 teaspoon salt.
- ☐ Add half of shrimp to pan; saut 2 minutes or until almost done.
- ☐ Transfer shrimp to a plate. Melt 1 teaspoon butter in pan.
- ☐ Add remaining shrimp to pan; saut 2 minutes or until almost done.
- ☐ Transfer to plate.
- ☐ Melt remaining 1 tablespoon butter in pan.
- ☐ Add garlic to pan; cook 30 seconds, stirring constantly. Stir in shrimp, juice, and pepper; cook 1 minute or until shrimp are done.

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:11.43, Inflammation Score:-6, Nutrition Score:18.261304326679%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 327.55kcal (16.38%), Fat: 9.43g (14.5%), Saturated Fat: 4.8g (30.02%), Carbohydrates: 30.77g (10.26%), Net Carbohydrates: 29.42g (10.7%), Sugar: 1.23g (1.36%), Cholesterol: 233.13mg (77.71%), Sodium: 1258.12mg (54.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.31g (56.62%), Selenium: 74.37µg (106.24%), Phosphorus: 492.26mg (49.23%), Vitamin K: 34.19µg (32.56%), Vitamin B12: 1.9µg (31.72%), Manganese: 0.44mg (21.97%), Copper: 0.43mg (21.5%), Vitamin B3: 3.71mg (18.55%), Vitamin B6: 0.35mg (17.58%), Vitamin E: 2.52mg (16.79%), Magnesium: 59.52mg (14.88%), Zinc: 2.23mg (14.88%), Vitamin A: 694.59IU (13.89%), Folate: 43.94µg (10.98%), Calcium: 108.49mg (10.85%), Potassium: 304.48mg (8.7%), Vitamin C: 6.03mg (7.31%), Vitamin B5: 0.73mg (7.27%), Iron: 1.02mg (5.65%), Fiber: 1.35g (5.41%), Vitamin B1: 0.07mg (4.99%), Vitamin B2: 0.06mg (3.29%), Vitamin D: 0.3µg (2.01%)