



Lowcountry Breakfast Shrimp

 Gluten Free

READY IN



25 min.

SERVINGS



8

CALORIES



186 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 garlic cloves finely chopped
- ☐ 1 teaspoon kosher salt
- ☐ 2 medium onions finely chopped
- ☐ 0.5 cup scallion thinly sliced
- ☐ 2 pound shrimp deveined peeled
- ☐ 0.8 stick butter unsalted
- ☐ 0.5 cup water

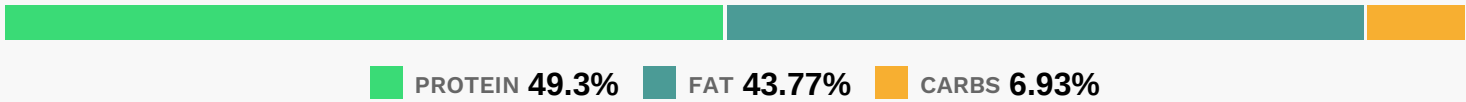
Equipment

☐ frying pan

Directions

- ☐ Heat butter in a 12-inch heavy skillet over medium heat until foaming, then cook onions with scallion, garlic, salt, and 1/4 teaspoon pepper, stirring occasionally, until softened but not browned, about 5 minutes.
- ☐ Add shrimp and cook, stirring, 1 minute.
- ☐ Add 1/2 cup water and simmer gently, stirring, until shrimp are just cooked through, 2 to 3 minutes (shrimp should be saucy; add more water if necessary). Season with salt and pepper and serve immediately.

Nutrition Facts



Properties

Glycemic Index:11.13, Glycemic Load:0.73, Inflammation Score:-3, Nutrition Score:5.9573913838552%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.26mg, Quercetin: 6.26mg, Quercetin: 6.26mg, Quercetin: 6.26mg

Nutrients (% of daily need)

Calories: 186.46kcal (9.32%), Fat: 9.21g (14.18%), Saturated Fat: 5.57g (34.82%), Carbohydrates: 3.28g (1.09%), Net Carbohydrates: 2.64g (0.96%), Sugar: 1.33g (1.47%), Cholesterol: 205.35mg (68.45%), Sodium: 429.76mg (18.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.35g (46.7%), Phosphorus: 256.65mg (25.66%), Copper: 0.47mg (23.29%), Vitamin K: 13.8µg (13.14%), Magnesium: 44.24mg (11.06%), Zinc: 1.61mg (10.74%), Potassium: 362.38mg (10.35%), Calcium: 87.92mg (8.79%), Vitamin A: 327.67IU (6.55%), Manganese: 0.1mg (4.83%), Iron: 0.76mg (4.21%), Vitamin C: 3.44mg (4.17%), Fiber: 0.65g (2.58%), Folate: 9.57µg (2.39%), Vitamin B6: 0.05mg (2.32%), Vitamin E: 0.29mg (1.91%), Vitamin B1: 0.02mg (1.21%), Vitamin D: 0.16µg (1.06%)