



## Quick Creole Shrimp

 Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



46 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 Tbsp cajun spice
- 1 Tbsp parsley fresh chopped
- 2 cloves garlic minced
- 0.3 cup 1/4 cup kraft zesty italian dressing italian kraft
- 0.8 lb shrimp frozen thawed cleaned uncooked

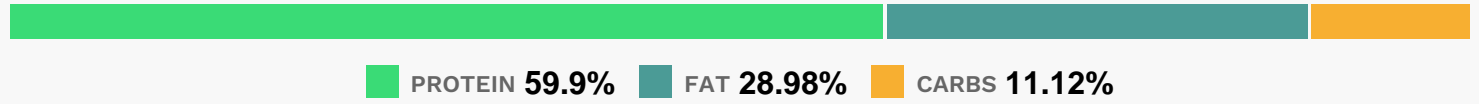
## Equipment

- frying pan

## Directions

- Toss shrimp with seasoning.
- Cook and stir garlic in dressing in skillet on medium-high heat 1 min.
- Add shrimp; cook 2 to 3 min. or until pink, stirring occasionally. Top with parsley.

## Nutrition Facts



## Properties

Glycemic Index:7.7, Glycemic Load:0.08, Inflammation Score:-3, Nutrition Score:2.4217391435219%

## Flavonoids

Apigenin: 0.82mg, Apigenin: 0.82mg, Apigenin: 0.82mg, Apigenin: 0.82mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 45.96kcal (2.3%), Fat: 1.51g (2.32%), Saturated Fat: 0.22g (1.4%), Carbohydrates: 1.3g (0.43%), Net Carbohydrates: 1.04g (0.38%), Sugar: 0.71g (0.79%), Cholesterol: 54.77mg (18.26%), Sodium: 99.6mg (4.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.01g (14.02%), Vitamin K: 10.08µg (9.6%), Phosphorus: 76.96mg (7.7%), Vitamin A: 369.11IU (7.38%), Copper: 0.14mg (7.07%), Magnesium: 13.75mg (3.44%), Zinc: 0.5mg (3.34%), Potassium: 114.76mg (3.28%), Calcium: 25.7mg (2.57%), Vitamin E: 0.33mg (2.2%), Iron: 0.37mg (2.05%), Manganese: 0.03mg (1.72%), Vitamin B6: 0.03mg (1.31%), Fiber: 0.26g (1.05%)