



Roasted Shrimp and Broccoli



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



248 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 5 cups broccoli florets
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 tablespoon lemon zest divided grated
- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 0.5 teaspoon salt divided
- ☐ 1.5 pounds shrimp deveined peeled

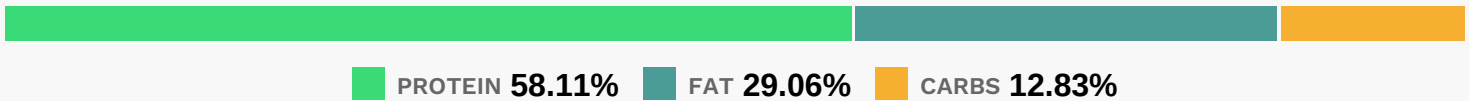
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 42
- ☐ Cook broccoli in boiling water 1 minute.
- ☐ Drain and plunge into ice water; drain.
- ☐ Combine 1 1/2 teaspoons rind, juice, 1/4 teaspoon salt, and 1/4 teaspoon black pepper in a medium bowl.
- ☐ Add shrimp; toss to combine. Arrange broccoli and shrimp in a single layer on a jelly-roll pan coated with cooking spray.
- ☐ Bake at 425 for 8 minutes or until shrimp are done.
- ☐ Combine oil, remaining 1 1/2 teaspoons rind, remaining 1/4 teaspoon salt, remaining 1/4 teaspoon black pepper, and crushed red pepper in a large bowl.
- ☐ Add broccoli; toss to combine.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:1.5, Inflammation Score:-8, Nutrition Score:21.052173904751%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg Kaempferol: 8.92mg, Kaempferol: 8.92mg, Kaempferol: 8.92mg, Kaempferol: 8.92mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 247.65kcal (12.38%), Fat: 8.33g (12.81%), Saturated Fat: 1.28g (7.98%), Carbohydrates: 8.27g (2.76%), Net Carbohydrates: 5.04g (1.83%), Sugar: 2.1g (2.33%), Cholesterol: 273.86mg (91.29%), Sodium: 533.01mg (23.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.48g (74.95%), Vitamin C: 104.85mg (127.09%), Vitamin K: 120.78µg (115.03%), Phosphorus: 440.33mg (44.03%), Copper: 0.73mg (36.38%), Potassium: 820.66mg (23.45%), Magnesium: 84.49mg (21.12%), Zinc: 2.76mg (18.4%), Folate: 72.68µg (18.17%), Calcium: 166.33mg (16.63%), Manganese: 0.33mg (16.51%), Vitamin A: 748.07IU (14.96%), Vitamin E: 1.95mg (13.03%), Fiber: 3.23g (12.94%), Vitamin B6: 0.21mg (10.34%), Iron: 1.82mg (10.1%), Vitamin B2: 0.14mg (8.03%), Vitamin B5: 0.67mg (6.66%), Vitamin B1: 0.08mg (5.54%), Selenium: 2.9µg (4.14%), Vitamin B3: 0.75mg (3.77%)