



Sexy Shrimp Scampi

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



357 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter melted
- ☐ 2 cloves garlic minced
- ☐ 0.3 teaspoon ground pepper black
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 tablespoons olive oil
- ☐ 30 medium shrimp deveined peeled

Equipment

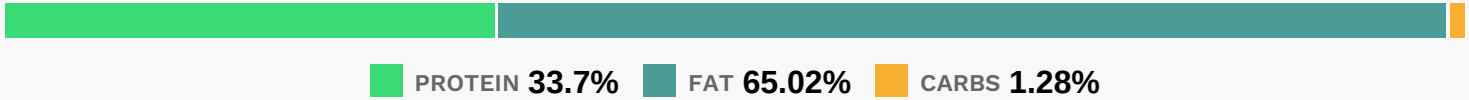
- ☐ bowl

- ☐ oven
- ☐ casserole dish

Directions

- ☐ Preheat an oven to 350 degrees F (175 degrees C).
- ☐ Toss the shrimp in a bowl with the olive oil, melted butter, garlic, salt, and pepper; set aside for 10 minutes. Arrange the shrimp in a circular pattern in a round casserole dish.
- ☐ Bake in the preheated oven until the shrimp are pink and cooked through, about 15 minutes.

Nutrition Facts



Properties

Glycemic Index:56, Glycemic Load:0.31, Inflammation Score:-2, Nutrition Score:7.0860869307881%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 356.74kcal (17.84%), Fat: 26.14g (40.22%), Saturated Fat: 9.29g (58.04%), Carbohydrates: 1.16g (0.39%), Net Carbohydrates: 1.03g (0.38%), Sugar: 0.04g (0.04%), Cholesterol: 271.6mg (90.53%), Sodium: 850.73mg (36.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.49g (60.97%), Phosphorus: 329.35mg (32.93%), Copper: 0.6mg (29.96%), Vitamin E: 2.35mg (15.64%), Zinc: 2.06mg (13.75%), Magnesium: 53.97mg (13.49%), Potassium: 414.97mg (11.86%), Calcium: 106.4mg (10.64%), Vitamin K: 9.87µg (9.4%), Vitamin A: 351.5IU (7.03%), Manganese: 0.13mg (6.65%), Iron: 0.94mg (5.23%), Vitamin B6: 0.04mg (1.92%), Vitamin C: 0.94mg (1.13%)