



Shrimp and Asparagus Foil Packs with Garlic Lemon Butter Sauce

 Gluten Free  Popular

READY IN



45 min.

SERVINGS



4

CALORIES



327 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb asparagus ends trimmed
- 6 Tbsp butter diced
- 3 Tbsp chicken broth dry white
- 2 Tbsp parsley fresh chopped
- 4 tsp garlic minced
- 1.5 Tbsp juice of lemon fresh
- 2 tsp lemon zest

4 servings salt and pepper black freshly ground

1.5 lbs shrimp peeled deveined ()

Equipment

grill

aluminum foil

Directions

Preheat a grill to medium-high heat (about 400 - 425 degrees).

Cut 4 sheets of 14 by 12-inch heavy duty aluminum foil then lay each piece separately on countertop.

Divide shrimp among packets near center then place asparagus to one side of the shrimp (going the long direction of the foil).

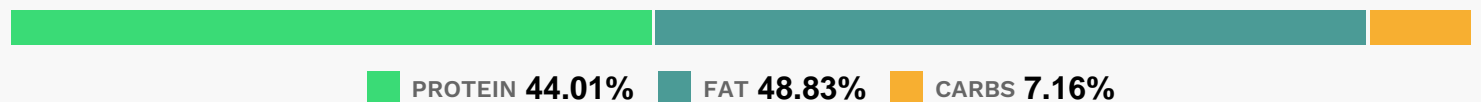
Pour 1/2 Tbsp white wine over each.

Sprinkle over garlic (1 tsp per packet) and lemon zest then season with salt and pepper. Divide butter pieces evenly among packets layering them over the shrimp and asparagus. Wrap packets in and crimp edges together then wrap ends up (don't wrap too tight - keep a little extra space inside for heat to circulate).

Grill, sealed side upward, until shrimp has cooked through, about 9 - 10 minutes. Carefully unwrap then drizzle with lemon juice (or just serve with lemon wedges for spritzing) and sprinkle with parsley.

Recipe source: Cooking Classy

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:0.93, Inflammation Score:0, Nutrition Score:17.530434782609%

Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg

Naringenin: 0.08mg Apigenin: 4.09mg, Apigenin: 4.09mg, Apigenin: 4.09mg, Apigenin: 4.09mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.61mg, Kaempferol: 1.61mg, Kaempferol: 1.61mg, Kaempferol: 1.61mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 15.93mg, Quercetin: 15.93mg, Quercetin: 15.93mg

Taste

Sweetness: 13.86%, Saltiness: 4.95%, Sourness: 34.04%, Bitterness: 24.17%, Savoriness: 2.36%, Fattiness: 100%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 327.22kcal (16.36%), Fat: 18.35g (28.23%), Saturated Fat: 11.17g (69.84%), Carbohydrates: 6.06g (2.02%), Net Carbohydrates: 3.43g (1.25%), Sugar: 2.42g (2.69%), Cholesterol: 319.88mg (106.63%), Sodium: 578.83mg (25.17%), Protein: 37.21g (74.41%), Vitamin K: 79.87µg (76.07%), Copper: 0.89mg (44.71%), Phosphorus: 434.49mg (43.45%), Vitamin A: 1550.95IU (31.02%), Potassium: 714.45mg (20.41%), Zinc: 2.98mg (19.85%), Magnesium: 78.09mg (19.52%), Iron: 3.5mg (19.46%), Vitamin C: 13.22mg (16.02%), Folate: 63.83µg (15.96%), Calcium: 151.13mg (15.11%), Manganese: 0.29mg (14.58%), Vitamin E: 1.81mg (12.05%), Vitamin B1: 0.17mg (11.65%), Vitamin B2: 0.18mg (10.61%), Fiber: 2.63g (10.5%), Vitamin B6: 0.14mg (7.23%), Vitamin B3: 1.2mg (5.98%), Selenium: 3.28µg (4.68%), Vitamin B5: 0.37mg (3.7%)