



Shrimp and Corn with Basil

 Gluten Free

READY IN



15 min.

SERVINGS



2

CALORIES



283 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 ears corn
- ☐ 0.3 cup basil fresh thinly sliced
- ☐ 4 spring onion chopped
- ☐ 0.5 pound shrimp shelled
- ☐ 2 tablespoons butter unsalted

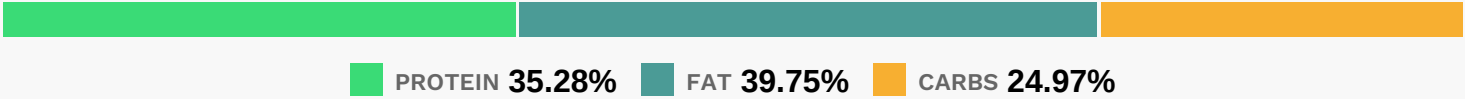
Equipment

- ☐ frying pan

Directions

☐ Melt butter in a large nonstick skillet over moderately high heat, then sauté corn and shrimp, stirring, until shrimp are cooked through, 3 to 5 minutes. Stir in scallions and basil and season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:51, Glycemic Load:0.39, Inflammation Score:-7, Nutrition Score:13.082608669996%

Flavonoids

Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg

Nutrients (% of daily need)

Calories: 282.54kcal (14.13%), Fat: 13.21g (20.33%), Saturated Fat: 7.61g (47.55%), Carbohydrates: 18.68g (6.23%), Net Carbohydrates: 16.21g (5.89%), Sugar: 6.21g (6.9%), Cholesterol: 212.67mg (70.89%), Sodium: 153.94mg (6.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.39g (52.78%), Vitamin K: 63.38µg (60.36%), Phosphorus: 336.69mg (33.67%), Copper: 0.53mg (26.28%), Magnesium: 79.99mg (20%), Vitamin A: 915.69IU (18.31%), Potassium: 620.82mg (17.74%), Folate: 55.62µg (13.9%), Zinc: 2.06mg (13.76%), Vitamin C: 11.17mg (13.54%), Manganese: 0.26mg (12.88%), Vitamin B1: 0.15mg (10.29%), Calcium: 100.32mg (10.03%), Fiber: 2.47g (9.89%), Vitamin B3: 1.75mg (8.76%), Iron: 1.51mg (8.39%), Vitamin B5: 0.69mg (6.85%), Vitamin B6: 0.1mg (5.17%), Vitamin B2: 0.08mg (4.46%), Vitamin E: 0.54mg (3.63%), Vitamin D: 0.21µg (1.4%), Selenium: 0.83µg (1.19%)