



Shrimp Sauté

 Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



181 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 1 tablespoon butter
- ☐ 1 tablespoon chives fresh minced
- ☐ 0.3 cup parsley fresh minced
- ☐ 2 garlic cloves minced
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.3 teaspoon salt
- ☐ 2 pounds shrimp deveined peeled

☐ 2 teaspoons worcestershire sauce

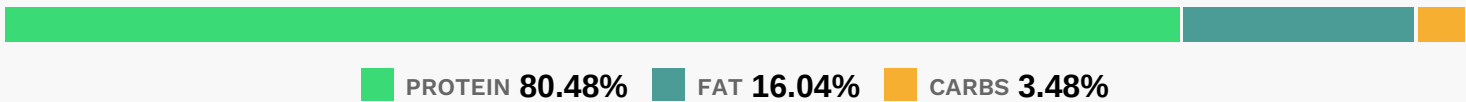
Equipment

☐ frying pan

Directions

- ☐ Melt butter in a large nonstick skillet over medium-high heat; saute garlic 30 seconds.
- ☐ Add juice and next 4 ingredients (juice through shrimp); cook 6 minutes or until shrimp are done.
- ☐ Remove from heat.
- ☐ Sprinkle with the parsley and the chives.

Nutrition Facts



Properties

Glycemic Index:37.8, Glycemic Load:0.16, Inflammation Score:-4, Nutrition Score:10.441739120561%

Flavonoids

Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 181kcal (9.05%), Fat: 3.25g (5.01%), Saturated Fat: 1.63g (10.2%), Carbohydrates: 1.59g (0.53%), Net Carbohydrates: 1.38g (0.5%), Sugar: 0.45g (0.5%), Cholesterol: 298.13mg (99.38%), Sodium: 383.92mg (16.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.73g (73.47%), Vitamin K: 67.2µg (64%), Phosphorus: 395.45mg (39.55%), Copper: 0.73mg (36.32%), Magnesium: 66.87mg (16.72%), Zinc: 2.5mg (16.68%), Potassium: 534.48mg (15.27%), Calcium: 128.26mg (12.83%), Vitamin C: 8.68mg (10.52%), Vitamin A: 435.69IU (8.71%), Iron: 1.36mg (7.55%), Manganese: 0.1mg (4.8%), Folate: 8.23µg (2.06%), Vitamin B6: 0.02mg (1.11%)