



Shrimp Scampi

 **Gluten Free**  **Dairy Free**

READY IN



25 min.

SERVINGS



25

CALORIES



44 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 Tbsp parsley fresh chopped
- 1 tsp garlic minced
- 1 env. seasons garlic & herb dressing mix good
- 0.3 cup juice of lemon
- 0.3 cup olive oil divided
- 1 small onion chopped
- 0.1 tsp pepper
- 1.5 lb shrimp cleaned

Equipment

frying pan

Directions

- Mix dressing mix, juice, 1/4 cup water, 2 Tbsp. of the oil, parsley, garlic and pepper until well blended; set aside.
- Heat remaining 2 Tbsp. oil in large skillet on medium heat.
- Add onion; cook and stir until tender but not browned.
- Add shrimp; cook 3 minutes or until shrimp turn pink, stirring occasionally. Stir in salad dressing mixture.
- Bring to a boil on medium heat; boil 1 minute.
- Serve over hot cooked rice.

Nutrition Facts



Properties

Glycemic Index:5.04, Glycemic Load:0.07, Inflammation Score:-1, Nutrition Score:1.53086954582%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.35mg, Hesperetin: 0.35mg, Hesperetin: 0.35mg, Hesperetin: 0.35mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.66mg, Apigenin: 0.66mg, Apigenin: 0.66mg, Apigenin: 0.66mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 44.29kcal (2.21%), Fat: 2.31g (3.56%), Saturated Fat: 0.33g (2.06%), Carbohydrates: 0.52g (0.17%), Net Carbohydrates: 0.43g (0.16%), Sugar: 0.19g (0.21%), Cholesterol: 43.82mg (14.61%), Sodium: 32.77mg (1.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.53g (11.06%), Vitamin K: 6.56µg (6.25%), Phosphorus: 59.67mg (5.97%), Copper: 0.11mg (5.45%), Magnesium: 10.26mg (2.56%), Zinc: 0.38mg (2.51%), Potassium: 81.24mg (2.32%), Vitamin E: 0.32mg (2.17%), Calcium: 19.54mg (1.95%), Vitamin C: 1.59mg (1.93%), Iron: 0.2mg (1.1%)