



Shrimp Scampi

 Gluten Free

READY IN



15 min.

SERVINGS



2

CALORIES



275 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon vegetable oil
- 0.8 lb shrimp frozen thawed deveined uncooked peeled
- 1 tablespoon spring onion thinly sliced
- 1 clove garlic finely chopped
- 2 teaspoons basil dried fresh chopped
- 2 teaspoons parsley fresh chopped
- 1 tablespoon juice of lemon
- 0.1 teaspoon salt

1 serving parmesan cheese grated

Equipment

frying pan

Directions

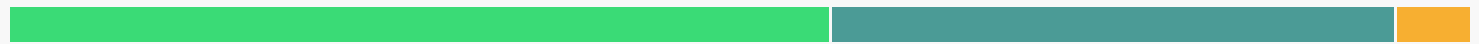
In 10-inch skillet, heat oil over medium heat.

Add shrimp and remaining ingredients except cheese. Cook 2 to 3 minutes, stirring frequently, until shrimp are pink. (Do not overcook shrimp or they will become tough.)

Remove from heat.

Sprinkle with cheese.

Nutrition Facts



PROTEIN 56.16% **FAT 38.64%** **CARBS 5.2%**

Properties

Glycemic Index:31, Glycemic Load:0.19, Inflammation Score:-2, Nutrition Score:11.198261019976%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 4.5mg, Apigenin: 4.5mg, Apigenin: 4.5mg, Apigenin: 4.5mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 275.31kcal (13.77%), Fat: 11.94g (18.38%), Saturated Fat: 3.56g (22.26%), Carbohydrates: 3.62g (1.21%), Net Carbohydrates: 3.09g (1.12%), Sugar: 0.31g (0.34%), Cholesterol: 286.91mg (95.64%), Sodium: 612.28mg (26.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.06g (78.13%), Phosphorus: 466.29mg (46.63%), Vitamin K: 37.5µg (35.71%), Copper: 0.7mg (35.06%), Calcium: 270.42mg (27.04%), Zinc: 3.04mg (20.26%), Magnesium: 73.72mg (18.43%), Potassium: 527.69mg (15.08%), Iron: 1.95mg (10.84%), Manganese: 0.21mg (10.39%), Selenium: 5.53µg (7.9%), Vitamin E: 0.78mg (5.18%), Vitamin C: 4.07mg (4.93%), Vitamin B2: 0.07mg (4.19%), Vitamin A: 169.62IU (3.39%), Vitamin B12: 0.2µg (3.38%), Vitamin B6: 0.05mg (2.52%), Fiber: 0.54g (2.14%), Folate: 7.64µg (1.91%)