



Shrimp Scampi by McCormick®

 Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



208 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black mccormick®
- ☐ 0.3 cup butter
- ☐ 1 teaspoon garlic powder mccormick®
- ☐ 1 green onion finely chopped
- ☐ 0.5 teaspoon parsley flakes mccormick®
- ☐ 1 pound shrimp deveined peeled
- ☐ 2 tablespoons white wine

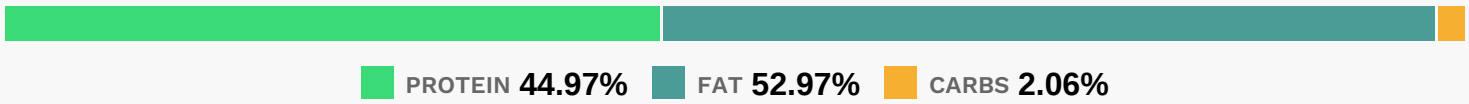
Equipment

☐ frying pan

Directions

- ☐ Melt butter in large skillet on medium heat.
- ☐ Add shrimp, green onion, garlic, parsley and pepper; cook and stir 3 to 4 minutes or just until shrimp turn pink. Stir in wine or lemon juice.
- ☐ Serve over cooked orzo, pasta or rice, if desired.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:0.12, Inflammation Score:-3, Nutrition Score:5.0747826889805%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.56mg, Apigenin: 0.56mg, Apigenin: 0.56mg, Apigenin: 0.56mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 208.06kcal (10.4%), Fat: 12.1g (18.62%), Saturated Fat: 7.41g (46.32%), Carbohydrates: 1.06g (0.35%), Net Carbohydrates: 0.88g (0.32%), Sugar: 0.17g (0.19%), Cholesterol: 213.07mg (71.02%), Sodium: 227.56mg (9.89%), Alcohol: 0.77g (100%), Alcohol %: 0.7% (100%), Protein: 23.11g (46.23%), Phosphorus: 251.89mg (25.19%), Copper: 0.45mg (22.6%), Magnesium: 42.16mg (10.54%), Zinc: 1.58mg (10.52%), Potassium: 327.33mg (9.35%), Calcium: 80.1mg (8.01%), Vitamin A: 385.38IU (7.71%), Vitamin K: 7.61µg (7.25%), Iron: 0.71mg (3.97%), Manganese: 0.08mg (3.78%), Vitamin E: 0.35mg (2.35%)