



Shrimp Scampi with Beer

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



276 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 2 tablespoons olive oil
- ☐ 1.5 lb shrimp frozen thawed deveined uncooked peeled (tail shells removed)
- ☐ 6 cloves garlic finely chopped
- ☐ 3 tablespoons spring onion finely chopped
- ☐ 0.3 cup beer
- ☐ 2 tablespoons juice of lime
- ☐ 1 tablespoons worcestershire sauce

- ☐ 1 serving hot sauce red
- ☐ 1 serving salt and pepper
- ☐ 2 teaspoons cilantro leaves fresh finely chopped

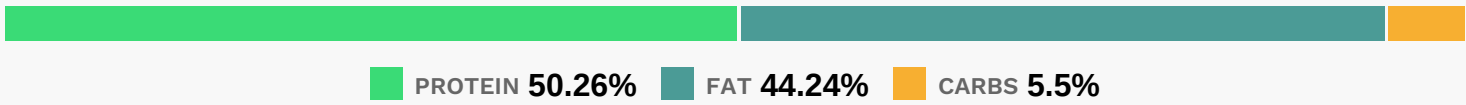
Equipment

- ☐ frying pan

Directions

- ☐ In 10-inch skillet, heat butter and oil over medium heat until butter is melted.
- ☐ Add shrimp; cook and stir 1 minute.
- ☐ Add garlic; cook and stir 1 minute.
- ☐ Add onions, beer, lime juice and Worcestershire sauce. Cook 1 to 2 minutes longer, stirring frequently, until shrimp are pink (do not overcook). Season to taste with red pepper sauce, salt and pepper.
- ☐ Sprinkle with cilantro.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:46.13, Glycemic Load:0.7, Inflammation Score:-2, Nutrition Score:8.2708696697069%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 276.3kcal (13.82%), Fat: 13.58g (20.89%), Saturated Fat: 4.74g (29.64%), Carbohydrates: 3.8g (1.27%), Net Carbohydrates: 3.55g (1.29%), Sugar: 0.71g (0.79%), Cholesterol: 288.91mg (96.3%), Sodium: 354.17mg (15.4%), Alcohol: 0.58g (100%), Alcohol %: 0.33% (100%), Protein: 34.72g (69.44%), Phosphorus: 379.93mg (37.99%), Copper: 0.69mg (34.68%), Magnesium: 63.75mg (15.94%), Zinc: 2.37mg (15.81%), Potassium: 528.34mg (15.1%), Vitamin K: 14.34µg (13.66%), Calcium: 128.25mg (12.83%), Vitamin E: 1.22mg (8.13%), Iron: 1.3mg (7.25%), Manganese: 0.14mg (7.07%), Vitamin C: 5.08mg (6.16%), Vitamin A: 230.72IU (4.61%), Vitamin B6: 0.07mg (3.43%), Folate: 5.23µg (1.31%), Vitamin B2: 0.02mg (1.26%), Selenium: 0.85µg (1.22%), Vitamin B1: 0.02mg (1.16%)