



Shrimp Scampi with Garlic Bread

READY IN



75 min.

SERVINGS



4

CALORIES



523 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 ounce garlic bread pepperidge farm®
- ☐ 4 cloves garlic minced
- ☐ 0.5 teaspoon ground pepper black
- ☐ 24 jumbo shrimp fresh shelled deveined
- ☐ 2 tablespoons juice of lemon
- ☐ 1 tablespoon lemon zest
- ☐ 5 tablespoons olive oil
- ☐ 1 Sprigs oregano leaves fresh
- ☐ 4 teaspoons oregano leaves fresh chopped

☐ 3 tablespoons butter unsalted

Equipment

☐ frying pan

☐ baking sheet

☐ broiler

☐ ziploc bags

☐ broiler pan

Directions

☐ Stir the lemon zest, 3 tablespoons oil, 1 teaspoon oregano, 2 teaspoons garlic and the black pepper in a shallow nonmetallic dish or a gallon size resealable plastic bag.

☐ Add the shrimp and turn to coat. Cover the dish or seal the bag and refrigerate for 30 minutes.

☐ Heat the remaining oil in an 8-inch skillet over medium heat.

☐ Add the remaining garlic and cook and stir until tender. Stir in the lemon juice and remaining oregano.

☐ Remove the skillet from the heat.

☐ Add the butter and stir until the butter is melted. Keep warm.

☐ Prepare the bread according to the package directions.

☐ Cut each bread half diagonally into 6 (1/2-inch thick) slices.

☐ Heat the broiler.

☐ Place the bread slices onto a baking sheet. Broil 7 inches from the heat for 2 minutes or until the bread is toasted on both sides.

☐ Remove the shrimp from the marinade and discard the marinade.

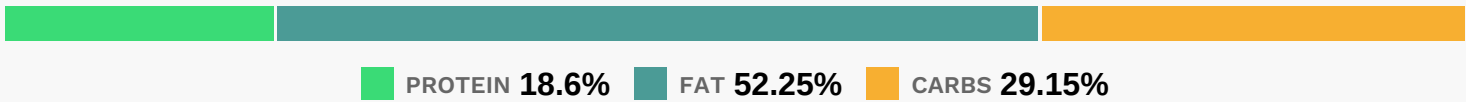
☐ Heat the broiler.

☐ Place the shrimp on a rack in a broiler pan. Broil the shrimp 6 inches from the heat for 5 minutes or until the shrimp are cooked through, turning the shrimp over once halfway through broiling.

☐ Place the shrimp onto a serving platter.

- ☐ Drizzle with the butter mixture.
- ☐ Serve with the bread.
- ☐ Garnish with the oregano sprigs.

Nutrition Facts



Properties

Glycemic Index:32.67, Glycemic Load:18.43, Inflammation Score:-10, Nutrition Score:22.206087096878%

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: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 523.46kcal (26.17%), Fat: 30.59g (47.06%), Saturated Fat: 8.49g (53.06%), Carbohydrates: 38.4g (12.8%), Net Carbohydrates: 34.19g (12.43%), Sugar: 4.45g (4.95%), Cholesterol: 173.77mg (57.92%), Sodium: 1017.29mg (44.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.5g (48.99%), Selenium: 56.61µg (80.86%), Manganese: 1.09mg (54.39%), Phosphorus: 396.21mg (39.62%), Vitamin E: 4.96mg (33.06%), Vitamin B3: 6.25mg (31.26%), Vitamin K: 31.11µg (29.62%), Folate: 91.11µg (22.78%), Vitamin B12: 1.35µg (22.5%), Vitamin B1: 0.33mg (21.95%), Iron: 3.92mg (21.76%), Calcium: 205.01mg (20.5%), Copper: 0.36mg (17.78%), Vitamin B6: 0.34mg (17.11%), Fiber: 4.21g (16.82%), Magnesium: 64.27mg (16.07%), Zinc: 2.02mg (13.49%), Vitamin B2: 0.22mg (12.91%), Vitamin A: 525.17IU (10.5%), Vitamin B5: 1.02mg (10.24%), Potassium: 295.2mg (8.43%), Vitamin C: 5.97mg (7.24%), Vitamin D: 0.28µg (1.85%)