



## Shrimp Scampi with Rice

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

READY IN



20 min.

SERVINGS



2

CALORIES



669 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 10 oz rice wild frozen with green beans) white
- 1 teaspoon butter
- 1 teaspoon olive oil
- 2 cloves garlic finely chopped
- 0.5 lb shrimp deveined uncooked peeled (31 to 35 count)
- 2 tablespoons wine dry white
- 1 tablespoon parsley fresh chopped

### Equipment

frying pan

sauce pan

## Directions

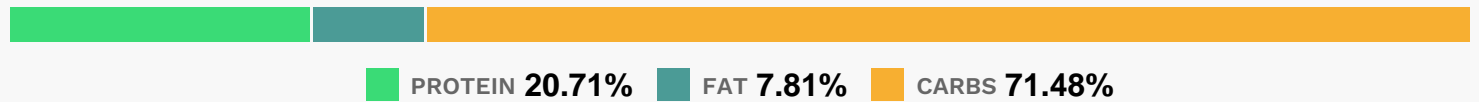
In 2-quart saucepan, make rice as directed on box.

In 8-inch skillet, heat butter, oil and garlic over medium-high heat until butter is melted.

Add shrimp; cook and stir 3 to 4 minutes or until shrimp are pink. Stir in wine and parsley. Cook 1 minute.

To serve, spoon rice onto serving platter; top with shrimp and juices from skillet.

## Nutrition Facts



## Properties

Glycemic Index:53.09, Glycemic Load:68.55, Inflammation Score:-5, Nutrition Score:16.055652060263%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 45.04mg, Apigenin: 45.04mg, Apigenin: 45.04mg, Apigenin: 45.04mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 3.31mg, Isorhamnetin: 3.31mg, Isorhamnetin: 3.31mg, Isorhamnetin: 3.31mg 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: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## Nutrients (% of daily need)

Calories: 669.11kcal (33.46%), Fat: 5.6g (8.61%), Saturated Fat: 1.08g (6.75%), Carbohydrates: 115.24g (38.41%), Net Carbohydrates: 113.07g (41.12%), Sugar: 0.42g (0.46%), Cholesterol: 182.57mg (60.86%), Sodium: 171.43mg (7.45%), Alcohol: 1.54g (100%), Alcohol %: 0.7% (100%), Protein: 33.39g (66.78%), Manganese: 1.75mg (87.27%), Phosphorus: 417.91mg (41.79%), Copper: 0.77mg (38.63%), Selenium: 21.99µg (31.41%), Zinc: 3.17mg (21.15%), Magnesium: 81.45mg (20.36%), Vitamin B5: 1.47mg (14.75%), Potassium: 512.96mg (14.66%), Vitamin K: 15.05µg (14.33%), Vitamin B6: 0.29mg (14.32%), Calcium: 131.21mg (13.12%), Vitamin B3: 2.41mg (12.03%), Iron: 2.05mg (11.37%), Fiber: 2.17g (8.69%), Vitamin B1: 0.11mg (7.21%), Vitamin B2: 0.1mg (5.87%), Vitamin E: 0.61mg (4.09%), Folate: 13.4µg (3.35%), Vitamin C: 2.19mg (2.66%), Vitamin A: 109.08IU (2.18%)