



Shrimp with Capers, Garlic, and Rice



Gluten Free



Dairy Free

READY IN



12 min.

SERVINGS



4

CALORIES



399 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons capers drained
- ☐ 2 tablespoons thyme leaves fresh chopped
- ☐ 3 garlic cloves
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 teaspoons olive oil
- ☐ 8.8 ounce precooked rice long-grain (such as Uncle Ben's Ready Rice)
- ☐ 1.5 pounds shrimp deveined peeled

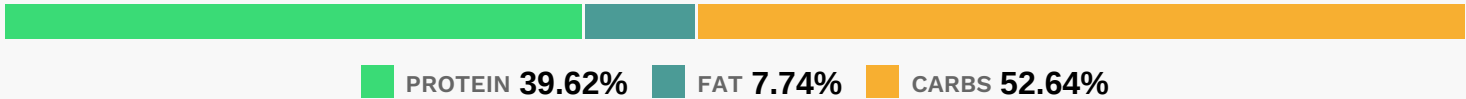
Equipment

- ☐ frying pan
- ☐ microwave

Directions

- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add thyme, capers, and garlic; saut 1 minute.
- ☐ Add shrimp and lemon juice; saut 4 minutes or until shrimp are done.
- ☐ Microwave rice according to package directions.
- ☐ Serve shrimp mixture over rice.
- ☐ Serve with: Greek-Style Green Beans

Nutrition Facts



Properties

Glycemic Index:34.05, Glycemic Load:30.39, Inflammation Score:-10, Nutrition Score:12.078695597856%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg Kaempferol: 5.26mg, Kaempferol: 5.26mg, Kaempferol: 5.26mg, Kaempferol: 5.26mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.95mg, Quercetin: 6.95mg, Quercetin: 6.95mg, Quercetin: 6.95mg

Nutrients (% of daily need)

Calories: 398.54kcal (19.93%), Fat: 3.39g (5.22%), Saturated Fat: 0.59g (3.68%), Carbohydrates: 51.92g (17.31%), Net Carbohydrates: 50.43g (18.34%), Sugar: 0.21g (0.23%), Cholesterol: 273.86mg (91.29%), Sodium: 317.07mg (13.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.08g (78.16%), Phosphorus: 443.58mg (44.36%), Copper: 0.84mg (42.2%), Manganese: 0.84mg (41.8%), Magnesium: 82.83mg (20.71%), Zinc: 3.06mg (20.42%), Potassium: 556.6mg (15.9%), Calcium: 146.42mg (14.64%), Selenium: 9.79µg (13.98%), Iron: 2.11mg (11.74%), Vitamin C: 7.93mg (9.61%), Vitamin B6: 0.14mg (7.25%), Vitamin B5: 0.67mg (6.66%), Fiber: 1.49g (5.95%), Vitamin B3: 1.11mg (5.53%), Vitamin A: 172.23IU (3.44%), Vitamin B1: 0.05mg (3.43%), Vitamin B2: 0.06mg (3.27%), Vitamin E: 0.4mg (2.66%), Vitamin K: 2.29µg (2.18%), Folate: 8.3µg (2.08%)