



Skillet Barbecue Shrimp



Gluten Free



Low Fod Map

READY IN



8 min.

SERVINGS



5

CALORIES



287 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 teaspoon rosemary dried crushed
- ☐ 1 tablespoon worcestershire ground pepper blend black (such as McCormick)
- ☐ 0.8 cup dressing fat-free italian (such as Wish-Bone)
- ☐ 5 lemon wedges
- ☐ 2 pounds shrimp with tails intact

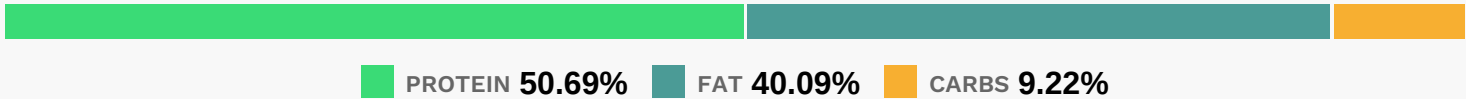
Equipment

- ☐ frying pan

Directions

- ☐ Combine first 4 ingredients in a large skillet; bring to a boil.
- ☐ Add shrimp; cook 6 minutes or until shrimp are done, stirring occasionally.
- ☐ Serve with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:35.5, Glycemic Load:0.45, Inflammation Score:-2, Nutrition Score:9.1478260483431%

Flavonoids

Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 287.27kcal (14.36%), Fat: 13g (20%), Saturated Fat: 4.13g (25.79%), Carbohydrates: 6.73g (2.24%), Net Carbohydrates: 5.91g (2.15%), Sugar: 4.27g (4.74%), Cholesterol: 304.15mg (101.38%), Sodium: 602.56mg (26.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.98g (73.97%), Phosphorus: 399.7mg (39.97%), Copper: 0.74mg (36.94%), Vitamin K: 22.1µg (21.04%), Magnesium: 68.91mg (17.23%), Zinc: 2.49mg (16.58%), Potassium: 550.93mg (15.74%), Calcium: 132.3mg (13.23%), Vitamin C: 9.69mg (11.75%), Manganese: 0.23mg (11.48%), Iron: 1.27mg (7.04%), Vitamin E: 0.94mg (6.28%), Vitamin A: 163.78IU (3.28%), Fiber: 0.82g (3.26%), Vitamin B6: 0.04mg (2.05%), Selenium: 0.89µg (1.28%), Vitamin B1: 0.02mg (1.06%)