



Spicy Lemon Garlic Shrimp

READY IN



20 min.

SERVINGS



8

CALORIES



306 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 sticks butter cold cut into pieces
- 0.5 teaspoon pepper red crushed
- 8 servings top for serving
- 0.3 cup parsley leaves fresh
- 4 cloves garlic peeled
- 1 juice of lemon whole juiced
- 1 teaspoon kosher salt
- 2 pounds shrimp raw frozen deveined

Equipment

- food processor
- bowl
- frying pan
- baking sheet
- oven

Directions

- Watch how to make this recipe.
- Preheat the oven to 375 degrees F. Rinse the shrimp to separate, and then arrange in a single layer on a baking sheet.
- To the bowl of a food processor, add the butter, parsley, salt, red pepper, garlic and lemon juice. Pulse until combined.
- Sprinkle the cold butter crumbles over the shrimp.
- Bake until the shrimp is opaque and the butter is hot and bubbly.
- Serve with hot crusty bread. Peel and eat the shrimp, and then encourage guests to dip the bread into the butter in the bottom of the pan.

Nutrition Facts



Properties

Glycemic Index:24.06, Glycemic Load:0.57, Inflammation Score:-5, Nutrition Score:7.12130433321%

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: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 305.75kcal (15.29%), Fat: 23.56g (36.25%), Saturated Fat: 14.65g (91.55%), Carbohydrates: 1.47g (0.49%), Net Carbohydrates: 1.3g (0.47%), Sugar: 0.2g (0.22%), Cholesterol: 243.31mg (81.1%), Sodium: 616.69mg (26.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.32g (46.64%), Vitamin K: 32.89µg (31.33%), Phosphorus: 254.56mg (25.46%), Copper: 0.45mg (22.71%), Vitamin A: 901.34IU (18.03%), Zinc: 1.6mg (10.67%), Magnesium: 42.31mg (10.58%), Potassium: 330.08mg (9.43%), Calcium: 85.99mg (8.6%), Vitamin C: 4.41mg (5.35%), Vitamin E: 0.73mg (4.84%), Iron: 0.8mg (4.46%), Manganese: 0.07mg (3.7%), Folate: 5.76µg (1.44%), Vitamin B6: 0.03mg (1.33%), Selenium: 0.81µg (1.16%), Vitamin B2: 0.02mg (1.12%)