



Shrimp Scampi

Active Time: 20 minutes | **Total Time:** 20 minutes | **Serves:** 4

Nutrition Information Per Serving

193 calories, 3.7 g carbohydrate, 0.41 g fiber, 3.29 g NET carbs, 23.65 g protein, 7.8 g fat

Ingredients

- 6 clove(s) organic garlic, minced
- 1/2 cup(s) fresh organic flat-leaf parsley, chopped
- 2 Tbsp(s) organic salted butter
- 1/2 tsp(s) freshly ground black pepper
- 16 ounce(s) wild shrimp, peeled and deveined
- 1/4 cup(s) organic low sodium chicken broth
- 1/2 cup(s) dry white wine

Preparation

1. Heat broth in a heavy skillet over moderately high heat just until it begins to bubble.
2. Add shrimp, turning over once, until just cooked through, about 2 minutes.
3. Transfer shrimp with a slotted spoon to a large bowl.
4. Add garlic, wine, and pepper to the skillet with remaining broth and cook over high heat, stirring occasionally, 1 minute.
5. Add butter to skillet mixture to melt, stir in shrimp, toss with parsley and serve.

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