

## Garlic Butter Shrimp

*Pan-seared shrimp tossed in light butter, garlic, and pepper- finished off with fresh lemon juice. Shrimp is rich in lean protein but can often be extremely high in sodium if ever frozen. My suggestion is to always buy fresh shrimp or frozen shrimp that has less sodium, such as Whole Food’s frozen shrimp (only 220 mg per 4 oz vs 400-700 mg per 4 oz).*

### Ingredients:

- 8 tbsp Lite butter (I use the lite “I Can’t Believe It’s Not Butter”)
- 1 ½ lbs Medium raw shrimp, thawed (if using frozen)
- 1 tsp Ground black pepper
- 2 tsp Italian seasoning
- 5 cloves Garlic, minced
- 1 large Lemon, juiced
- 2 tbsp Chopped fresh parsley

### Directions:

1. Heat butter in a skillet over medium-high heat. Once melted, add in the raw shrimp and season with pepper and Italian seasoning. Cook for 3-5 minutes, stirring frequently. Shrimp should be pink.
2. Add garlic to the pan and stir. Cook for another 1-2 minutes.
3. Squeeze lemon juice over the top and sprinkle with parsley.
4. Serve warm and enjoy!

Servings: 6  
 Serving size: 4 oz

Garlic Butter Shrimp		
<b>Nutrition Facts</b>		
Serving Size: 1 x 4 oz		
Amount Per Serving		% Daily Value*
<b>Calories</b>	150.7 kcal	8 %
<b>Total Fat</b>	8.1 g	13 %
Saturated Fat	1.2 g	6 %
Trans Fat	0.6 g	
<b>Cholesterol</b>	146.8 mg	49 %
<b>Sodium</b>	282.6 mg	12 %
<b>Total Carbohydrate</b>	2.8 g	1 %
Dietary Fiber	0.2 g	1 %
Sugars	0.4 g	
<b>Protein</b>	15.5 g	31 %
Vitamin A	11 %	Vitamin C 6 %
Calcium	7 %	Iron 2 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Full info at <a href="http://cronometer.com">cronometer.com</a>		</>