

Easy Keto Shrimp Recipes

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/keto-shrimp-recipes>

Ingredients:

- 2 zucchini spiralized
- 1 tablespoon avocado oil
- 4 cloves garlic minced
- 1 teaspoon red pepper flakes use more or less to spice preference
- 1/2 cup bone broth
- 1 pound large shrimp
- 1/2 bunch asparagus ends removed and cut into 1 inch pieces
- 2 sausage links precooked, sliced into rounds, optional, but adds great flavor
- 1/4 teaspoon sea salt
- 1/4 teaspoon ground black pepper
- 2 cups arugula
- 1 lemon juice of

Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 180 milligrams
4. Fat: 9 grams
5. Fiber: 3 grams
6. Protein: 27 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 490 milligrams
9. Sugar: 4 grams

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