

Garlic Butter Shrimp and Rice

Yield: 4 min
Total Time: 20 min

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

Ingredients:

- 1 cup rice I use Minute Rice
- 6 tablespoons butter
- 4 garlic cloves minced
- 12 ounces deveined shrimp extra large, cooked, peeled
- 1/4 cup shredded Parmesan cheese
- 3 tablespoons skim milk
- 2 tablespoons fresh parsley chopped
- salt
- salt and fresh ground pepper , to taste
- shredded Parmesan cheese for garnish, optional

Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 17 grams
3. Cholesterol: 50 milligrams
4. Fat: 19 grams
5. Fiber: 1 grams
6. Protein: 4 grams
7. SaturatedFat: 12 grams
8. Sodium: 410 milligrams
9. Sugar: 1 grams

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