

# One Pan Lemon Shrimp & Asparagus

5 ingredients · 30 minutes · 2 servings



## Directions

1. Preheat oven to 400°F (204°C).
2. Lay the asparagus and shrimp on a baking sheet. Drizzle with olive oil and toss gently to coat. Sprinkle with sea salt and top with lemon slices.
3. Bake for 15 to 18 minutes, or until shrimp are fully cooked and have turned pink. Remove from oven and divide between plates. Enjoy!

## Notes

### More Carbs

Serve with pasta, rice, or quinoa.

### Leftovers

Keeps well in the fridge for 2-3 days.

## Ingredients

**3 cups** Asparagus (woody ends trimmed)

**12 ozs** Shrimp (uncooked, shells on)

**2 tbsps** Extra Virgin Olive Oil

**1/8 tsp** Sea Salt (or more, to taste)

**1** Lemon (sliced)

## Nutrition

Amount per serving

<b>Calories</b>	334	Vitamin D	0IU
<b>Fat</b>	14g	Vitamin E	4mg
<b>Carbs</b>	10g	Thiamine	0.3mg
Fiber	4g	Riboflavin	0.3mg
Sugar	4g	Niacin	2mg
<b>Protein</b>	45g	Vitamin B6	0.2mg
Cholesterol	321mg	Folate	110µg
Sodium	341mg	Vitamin B12	0µg
Potassium	872mg	Phosphorous	510mg
Vitamin A	1521IU	Magnesium	96mg
Vitamin C	21mg	Zinc	4mg
Calcium	169mg	Selenium	5µg
Iron	5mg		