



## Anaheim Shrimp Scampi

 Gluten Free

READY IN



26 min.

SERVINGS



4

CALORIES



510 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 4 servings arugula fresh for garnish
- 2 ounces asiago cheese cut into small chunks
- 1 large avocado diced
- 0.3 teaspoon pepper black freshly ground
- 1 tablespoon parsley leaves fresh chopped
- 1 tablespoon garlic minced
- 0.5 teaspoon garlic powder
- 1 juice of lemon juiced

- 1 tablespoon kosher salt
- 1 Dash pepper white
- 2 tablespoons onion red minced
- 1 pound to 20 count shrimp raw with tail on (recommended: tiger prawns) deveined peeled
- 3 pounds spaghetti squash
- 0.3 pound butter unsalted softened
- 1 tablespoon white wine
- 1 Dash worcestershire sauce

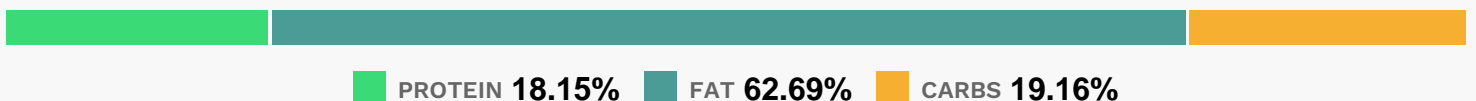
## Equipment

- bowl
- frying pan
- whisk

## Directions

- Place 2/3 of the scampi butter in a large saute pan over high heat and melt.
- Add in shrimp and cook for about 2 minutes, moving shrimp around in the pan. Sizzle with the white wine and cook until shrimp are opaque, only about another 2 minutes.
- Remove from heat and stir in the remaining scampi butter, Asiago cheese, and avocado chunks.
- Serve over hot spaghetti squash .
- In a bowl with a wire whisk, mix together all ingredients until well blended.
- Garnish with fresh arugula

## Nutrition Facts



## Properties

Glycemic Index:60, Glycemic Load:0.9, Inflammation Score:-8, Nutrition Score:24.069565254709%

## Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.68mg, Isorhamnetin: 0.68mg, Isorhamnetin: 0.68mg, Isorhamnetin: 0.68mg Kaempferol: 3.54mg, Kaempferol: 3.54mg, Kaempferol: 3.54mg, Kaempferol: 3.54mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg

## Nutrients (% of daily need)

Calories: 509.67kcal (25.48%), Fat: 36.68g (56.44%), Saturated Fat: 18.39g (114.96%), Carbohydrates: 25.23g (8.41%), Net Carbohydrates: 17.76g (6.46%), Sugar: 7.83g (8.7%), Cholesterol: 213.47mg (71.16%), Sodium: 2668.3mg (116.01%), Alcohol: 0.39g (100%), Alcohol %: 0.1% (100%), Protein: 23.89g (47.79%), Selenium: 38.42µg (54.89%), Phosphorus: 450.89mg (45.09%), Vitamin K: 42.87µg (40.83%), Vitamin A: 1709.64IU (34.19%), Calcium: 323.25mg (32.32%), Vitamin B6: 0.62mg (31.03%), Fiber: 7.46g (29.85%), Folate: 107.09µg (26.77%), Vitamin B3: 5.32mg (26.58%), Manganese: 0.52mg (26.19%), Vitamin B12: 1.48µg (24.62%), Vitamin E: 3.61mg (24.06%), Copper: 0.43mg (21.32%), Vitamin B5: 2.1mg (20.96%), Potassium: 729.38mg (20.84%), Magnesium: 83.14mg (20.78%), Vitamin C: 16.91mg (20.5%), Zinc: 2.41mg (16.09%), Vitamin B2: 0.2mg (11.69%), Vitamin B1: 0.17mg (11.21%), Iron: 1.75mg (9.73%), Vitamin D: 0.61µg (4.06%)