



## Baby Shrimp Scampi and Angel Hair Pasta

READY IN



12 min.

SERVINGS



2

CALORIES



440 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.3 pound baby shrimp
- 2 tablespoons butter cut into small pieces
- 0.3 pound angel hair pasta cooked
- 0.3 cup white wine dry
- 2 tablespoons chives fresh snipped chopped
- 0.5 cup grape tomatoes
- 1 lemon zest
- 2 tablespoons olive oil extra-virgin
- 2 servings salt and pepper

1 large shallots finely chopped

## Equipment

frying pan

## Directions

Watch how to make this recipe.

Get your pasta water going. Start the scampi sauce when you drop your pasta into boiling water to cook.

Heat a large skillet over medium high heat.

Add extra-virgin olive oil and melt the butter into it.

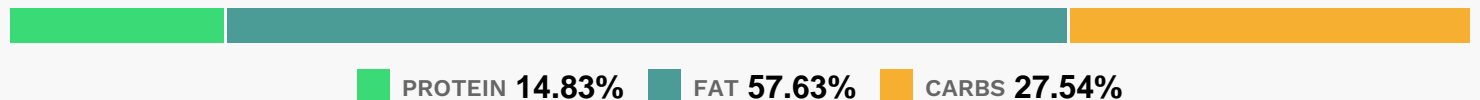
Add shallots and cook a minute or 2, stirring constantly.

Add lemon zest and shrimp and heat shrimp through, another minute or two.

Add vermouth or wine and tomatoes. Toss another minute to heat the tomatoes through.

Add cooked pasta to the pan and toss to coat evenly in sauce and to distribute the shrimp. Season liberally with salt and pepper and serve with chives to garnish.

## Nutrition Facts



## Properties

Glycemic Index:113.25, Glycemic Load:11.69, Inflammation Score:-7, Nutrition Score:13.246521618055%

## Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

## Nutrients (% of daily need)

Calories: 439.88kcal (21.99%), Fat: 26.94g (41.44%), Saturated Fat: 9.37g (58.54%), Carbohydrates: 28.97g (9.66%), Net Carbohydrates: 26.36g (9.59%), Sugar: 2.86g (3.18%), Cholesterol: 125.35mg (41.78%), Sodium: 717.87mg (31.21%), Alcohol: 3.09g (100%), Alcohol %: 1.48% (100%), Protein: 15.6g (31.19%), Selenium: 42.7µg (61.01%), Phosphorus: 255.61mg (25.56%), Vitamin E: 3.6mg (24.03%), Manganese: 0.39mg (19.56%), Vitamin A: 928.82IU (18.58%), Vitamin K: 19.19µg (18.27%), Vitamin B12: 0.86µg (14.38%), Vitamin C: 11.72mg (14.2%), Vitamin B6: 0.26mg (12.82%), Copper: 0.25mg (12.75%), Magnesium: 41.96mg (10.49%), Fiber: 2.6g (10.4%), Vitamin B3: 1.96mg (9.81%), Iron: 1.61mg (8.96%), Zinc: 1.31mg (8.7%), Folate: 33.75µg (8.44%), Potassium: 287.24mg (8.21%), Calcium: 67.57mg (6.76%), Vitamin B5: 0.44mg (4.37%), Vitamin B1: 0.06mg (3.86%), Vitamin B2: 0.05mg (3.01%)