



Baked Shrimp Scampi

 Vegetarian

READY IN



43 min.

SERVINGS



6

CALORIES



316 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons cooking wine dry white
- 1 extra large egg yolk
- 3 tablespoons parsley leaves fresh minced
- 1 teaspoon rosemary leaves fresh minced
- 4 cloves garlic minced
- 6 servings kosher salt and pepper black freshly ground
- 2 tablespoons juice of lemon freshly squeezed
- 6 servings lemon wedges for serving

- 1 teaspoon lemon zest grated
- 3 tablespoons olive oil good
- 0.7 cup panko bread crumbs dried (Japanese bread flakes)
- 0.3 teaspoon pepper flakes red crushed
- 0.3 cup shallots minced
- 12 tablespoons butter unsalted at room temperature ()

Equipment

- bowl
- oven
- mixing bowl
- broiler

Directions

- Watch how to make this recipe.
- Preheat the oven to 425 degrees F.
- Peel, devein, and butterfly the shrimp, leaving the tails on.
- Place the shrimp in a mixing bowl and toss gently with the olive oil, wine, 2 teaspoons salt, and 1 teaspoon pepper. Allow to sit at room temperature while you make the butter and garlic mixture.
- In a small bowl, mash the softened butter with the garlic, shallots, parsley, rosemary, red pepper flakes, lemon zest, lemon juice, egg yolk, panko, 1/2 teaspoon salt, and 1/4 teaspoon of pepper until combined.
- Starting from the outer edge of a 14-inch oval gratin dish, arrange the shrimp in a single layer cut side down with the tails curling up and towards the center of the dish.
- Pour the remaining marinade over the shrimp.
- Spread the butter mixture evenly over the shrimp.
- Bake for 10 to 12 minutes until hot and bubbly. If you like the top browned, place under a broiler for 1 minute.
- Serve with lemon wedges.

Nutrition Facts

PROTEIN 2.63% FAT 87.22% CARBS 10.15%

Properties

Glycemic Index:27.42, Glycemic Load:0.66, Inflammation Score:-6, Nutrition Score:6.2786955988925%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 315.59kcal (15.78%), Fat: 30.93g (47.58%), Saturated Fat: 15.73g (98.3%), Carbohydrates: 8.1g (2.7%), Net Carbohydrates: 7.24g (2.63%), Sugar: 1.48g (1.64%), Cholesterol: 92.6mg (30.87%), Sodium: 57.83mg (2.51%), Alcohol: 0.51g (100%), Alcohol %: 0.93% (100%), Protein: 2.1g (4.19%), Vitamin K: 39.82µg (37.92%), Vitamin A: 938.46IU (18.77%), Vitamin E: 1.8mg (12.02%), Vitamin C: 6.97mg (8.45%), Manganese: 0.15mg (7.53%), Selenium: 4.08µg (5.83%), Vitamin B1: 0.09mg (5.68%), Folate: 20.07µg (5.02%), Vitamin B6: 0.09mg (4.41%), Iron: 0.78mg (4.31%), Phosphorus: 41.47mg (4.15%), Vitamin D: 0.58µg (3.88%), Vitamin B2: 0.06mg (3.61%), Calcium: 35.11mg (3.51%), Fiber: 0.86g (3.43%), Vitamin B3: 0.54mg (2.69%), Potassium: 88.83mg (2.54%), Copper: 0.05mg (2.27%), Vitamin B5: 0.22mg (2.2%), Vitamin B12: 0.13µg (2.16%), Magnesium: 8.39mg (2.1%), Zinc: 0.29mg (1.93%)