



Baked Shrimp Scampi

READY IN



35 min.

SERVINGS



4

CALORIES



585 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon cayenne pepper
- ☐ 2 tablespoons parsley dried
- ☐ 2 tablespoons garlic minced
- ☐ 0.5 cup italian-seasoned bread crumbs
- ☐ 2 tablespoons juice of lemon
- ☐ 1 pound shrimp deveined peeled
- ☐ 1 cup butter unsalted
- ☐ 0.3 cup white wine

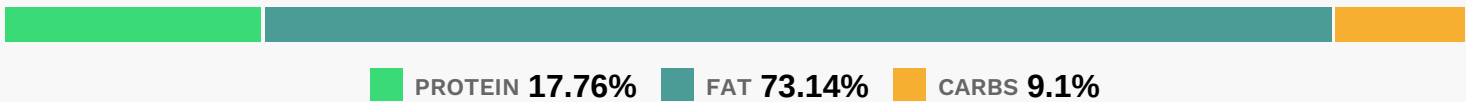
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ casserole dish

Directions

- ☐ Place shrimp into a saucepan, cover with water to a depth of 2 inches over shrimp, and bring to a boil. Cover pan and cook until shrimp are pink, 2 to 3 minutes; drain.
- ☐ Combine butter, white wine, lemon juice, parsley, cayenne pepper, and garlic in a 2-quart casserole dish.
- ☐ Place casserole dish in oven and preheat oven to 350 degrees F (175 degrees C).
- ☐ When butter is melted, lightly toss shrimp in butter mixture until coated.
- ☐ Sprinkle bread crumbs over shrimp.
- ☐ Bake in the preheated oven until bread crumbs are lightly golden brown, about 15 minutes.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:0.48, Inflammation Score:-8, Nutrition Score:11.68739125003%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.15mg, Hesperetin: 1.15mg, Hesperetin: 1.15mg, Hesperetin: 1.15mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 45.03mg, Apigenin: 45.03mg, Apigenin: 45.03mg, Apigenin: 45.03mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 3.31mg, Isorhamnetin: 3.31mg, Isorhamnetin: 3.31mg, Isorhamnetin: 3.31mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 585.16kcal (29.26%), Fat: 47.61g (73.25%), Saturated Fat: 29.51g (184.44%), Carbohydrates: 13.33g (4.44%), Net Carbohydrates: 12.08g (4.39%), Sugar: 1.39g (1.55%), Cholesterol: 304.73mg (101.58%), Sodium: 347.76mg (15.12%), Alcohol: 1.54g (100%), Alcohol %: 0.92% (100%), Protein: 26.01g (52.02%), Vitamin A: 1675.38IU (33.51%), Phosphorus: 298.09mg (29.81%), Copper: 0.51mg (25.62%), Vitamin K: 25µg (23.81%), Manganese: 0.38mg (19.04%), Magnesium: 55.43mg (13.86%), Calcium: 134.67mg (13.47%), Zinc: 1.92mg (12.8%), Potassium: 418.96mg (11.97%), Vitamin B1: 0.16mg (10.74%), Vitamin E: 1.61mg (10.73%), Iron: 1.71mg (9.52%), Vitamin C: 6.19mg (7.5%), Selenium: 5.05µg (7.21%), Vitamin B2: 0.12mg (6.93%), Folate: 23.65µg (5.91%), Vitamin B3: 1.14mg (5.71%), Vitamin D: 0.85µg (5.68%), Vitamin B6: 0.11mg (5.46%), Fiber: 1.24g (4.98%), Vitamin B12: 0.15µg (2.48%), Vitamin B5: 0.21mg (2.07%)