



Basil Shrimp Scampi

READY IN



45 min.

SERVINGS



4

CALORIES



788 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups lightly basil leaves fresh packed (see notes)
- 0.1 lb butter
- 0.8 teaspoon chili flakes hot
- 1 cup cooking wine dry white
- 2 tablespoons garlic minced
- 0.3 teaspoon fresh-ground pepper
- 1 pound pasta dried
- 2 tablespoons olive oil
- 0.3 teaspoon salt

1.5 pounds shrimp deveined rinsed peeled per lb.), (tails left on), , and

Equipment

bowl

frying pan

Directions

In a 6- to 8-quart pan over high heat, bring about 4 quarts water to a boil; add linguine and cook, stirring occasionally, just until tender to bite, 6 to 8 minutes.

Drain pasta, reserving about 1/3 cup cooking liquid; return pasta to pan.

Meanwhile, in a 10- to 12-inch frying pan over medium-high heat, melt butter with olive oil.

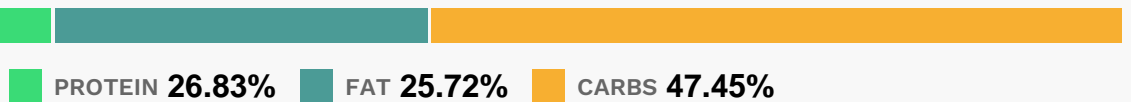
Add shrimp, garlic, chili flakes, pepper, and 1/4 teaspoon salt; stir for 2 minutes.

Add wine; stir often until shrimp are opaque but still moist-looking in center of thickest part (cut to test), 3 to 4 minutes longer. Stir in basil.

Pour shrimp mixture into pan with cooked pasta; mix gently. If mixture is too dry, add reserved pasta-cooking liquid. Divide evenly among four wide, shallow bowls.

Add salt to taste.

Nutrition Facts



Properties

Glycemic Index:59.75, Glycemic Load:34.75, Inflammation Score:-8, Nutrition Score:24.389565152966%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 788.09kcal (39.4%), Fat: 21.23g (32.66%), Saturated Fat: 8.76g (54.73%), Carbohydrates: 88.15g (29.38%), Net Carbohydrates: 84.08g (30.58%), Sugar: 3.72g (4.13%), Cholesterol: 304.33mg (101.44%), Sodium: 456.18mg (19.83%), Alcohol: 6.18g (100%), Alcohol %: 2.05% (100%), Protein: 49.83g (99.67%), Selenium: 72.56µg (103.65%), Manganese: 1.39mg (69.68%), Phosphorus: 606.69mg (60.67%), Vitamin K: 56.03µg (53.36%), Copper: 1.06mg (52.94%), Magnesium: 135.37mg (33.84%), Zinc: 4.12mg (27.5%), Potassium: 808.45mg (23.1%), Vitamin A: 1099.46IU (21.99%), Calcium: 171.91mg (17.19%), Iron: 3.09mg (17.16%), Fiber: 4.07g (16.27%), Vitamin B6: 0.27mg (13.39%), Vitamin E: 1.71mg (11.37%), Vitamin B3: 2.18mg (10.9%), Vitamin B1: 0.12mg (7.93%), Folate: 29.84µg (7.46%), Vitamin B5: 0.59mg (5.85%), Vitamin B2: 0.1mg (5.83%), Vitamin C: 3.41mg (4.13%)