

Garlic Scape Scampi

READY IN



45 min.

SERVINGS



2

Directions

- ☐ Heat the oil and melt the butter in a pan.
- ☐ Add the red chili pepper flakes and saute until fragrant, about 1 minute.
- ☐ Add the shrimp and saute until cooked, about 2-3 minutes per side.
- ☐ Remove the shrimp from the pan.
- ☐ Add the wine and lemon juice and bring to a boil.
- ☐ Simmer the liquid until reduced by about half, about 3-5 minutes.
- ☐ Add the garlic scapes and simmer until fragrant, about a minute.
- ☐ Add the butter, wait for it to melt and turn off the heat.

Nutrition Facts



PROTEIN 0% FAT 0% CARBS 0%

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:0, Nutrition Score:0%

Nutrients (% of daily need)

Calories: 0 (0%), Fat: 0 (0%), Saturated Fat: 0 (0%), Carbohydrates: 0 (0%), Net Carbohydrates: 0 (0%), Sugar: 0 (0%), Cholesterol: 0 (0%), Sodium: 0 (0%), Alcohol %: 0% (100%), Protein: 0 (0%)