



Garlic Shrimp Scampi with Angel Hair Pasta

READY IN



80 min.

SERVINGS



6

CALORIES



466 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 ounces angel hair pasta dried
- 0.3 teaspoon pepper black
- 2 tablespoons butter
- 0.5 teaspoon pepper red crushed
- 0.3 cup cooking wine dry white
- 6 servings basil fresh chopped
- 6 cloves garlic minced
- 6 servings lemon wedges
- 2 teaspoons lemon zest shredded finely

- 0.3 cup olive oil
- 0.5 teaspoon salt
- 2 pounds deveined* shrimp fresh peeled

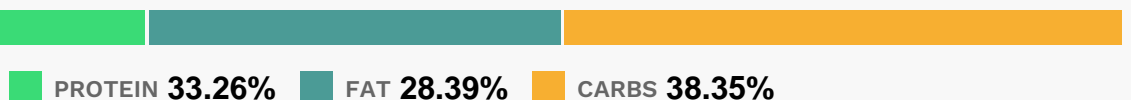
Equipment

- bowl
- frying pan
- pot
- stove
- ziploc bags

Directions

- Thaw shrimp, if frozen.
- Place shrimp in a resealable plastic bag set in a shallow bowl.
- For marinade, combine olive oil, wine, garlic, lemon zest, salt, crushed red pepper, and black pepper in a small bowl.
- Pour marinade over shrimp. Seal bag; turn to coat shrimp. Marinate in the refrigerator for 1 hour.
- Drain shrimp, reserving marinade. Melt butter over medium heat in an extra-large skillet. Cook shrimp in hot butter for 3 to 5 minutes or until shrimp are opaque.
- Add reserved marinade and cook for 1 minute more.
- Cook pasta according to package directions in a large pot; drain. Return pasta to pot.
- Add shrimp mixture; toss to combine.
- Serve with lemon wedges and fresh basil.
- [Cleaning tip: Once the stove top is cool, wipe up any oil splatters or spills with Clorox® Disinfecting Wipes**.]

Nutrition Facts



Properties

Glycemic Index:44.08, Glycemic Load:17.38, Inflammation Score:-4, Nutrition Score:13.600869608962%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.32mg, Hesperetin: 0.32mg, Hesperetin: 0.32mg, Hesperetin: 0.32mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 466.3kcal (23.32%), Fat: 14.47g (22.26%), Saturated Fat: 3.96g (24.75%), Carbohydrates: 43.98g (14.66%), Net Carbohydrates: 41.89g (15.23%), Sugar: 1.71g (1.9%), Cholesterol: 253.46mg (84.49%), Sodium: 411.2mg (17.88%), Alcohol: 1.03g (100%), Alcohol %: 0.55% (100%), Protein: 38.14g (76.27%), Selenium: 36.37µg (51.96%), Phosphorus: 440.23mg (44.02%), Copper: 0.78mg (38.8%), Manganese: 0.67mg (33.45%), Magnesium: 86.67mg (21.67%), Zinc: 2.9mg (19.36%), Potassium: 558.68mg (15.96%), Vitamin K: 14.5µg (13.81%), Calcium: 121.95mg (12.19%), Vitamin E: 1.55mg (10.35%), Iron: 1.77mg (9.81%), Fiber: 2.09g (8.35%), Vitamin B6: 0.13mg (6.58%), Vitamin A: 272.82IU (5.46%), Vitamin B3: 1.04mg (5.2%), Vitamin B1: 0.06mg (3.98%), Vitamin C: 2.69mg (3.26%), Folate: 12.15µg (3.04%), Vitamin B5: 0.28mg (2.83%), Vitamin B2: 0.04mg (2.61%)