



Gina's Shrimp Scampi with Angel Hair Pasta

READY IN



30 min.

SERVINGS



6

CALORIES



491 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound angel hair pasta
- 5 tablespoons butter
- 0.5 cup cooking wine dry white
- 4 cloves garlic minced
- 1 juice of lemon juiced
- 2 tablespoons olive oil
- 0.3 cup parsley leaves chopped
- 0.5 teaspoon pepper flakes red
- 1 pound shrimp deveined peeled

Equipment

- frying pan
- whisk
- pot
- colander

Directions

- Watch how to make this recipe.
- Add the pasta to a large pot of boiling salted water, over medium heat, and cook until al dente.
- Meanwhile, heat a large 12-inch skillet over medium-high heat.
- Add the olive oil. Once shimmering and hot, add the shrimp and saute until just cooked through, about 2 to 3 minutes.
- Remove to a plate and reserve.
- Add the garlic and red pepper flakes to the skillet, then saute for until the garlic is fragrant, about 1 minute.
- Add the lemon juice and white wine and raise the heat to high.
- Let the liquid reduce for 2 to 3 minutes.
- Whisk in the butter, add a ladleful of the pasta cooking water and return the shrimp.
- Remove from the heat.
- Drain the pasta in a colander, and add it to the skillet along with the chopped parsley and toss.
- Add the lemon zest and adjust the seasonings with salt and pepper, to taste.
- Transfer to a serving platter and serve immediately.

Nutrition Facts



PROTEIN 21.35% **FAT 29.72%** **CARBS 48.93%**

Properties

Glycemic Index:28.17, Glycemic Load:22.98, Inflammation Score:-6, Nutrition Score:14.699130228032%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.8mg, Hesperetin: 0.8mg, Hesperetin: 0.8mg, Hesperetin: 0.8mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 491.48kcal (24.57%), Fat: 15.72g (24.19%), Saturated Fat: 6.94g (43.36%), Carbohydrates: 58.22g (19.41%), Net Carbohydrates: 55.61g (20.22%), Sugar: 2.4g (2.66%), Cholesterol: 146.8mg (48.93%), Sodium: 175.13mg (7.61%), Alcohol: 2.06g (100%), Alcohol %: 1.32% (100%), Protein: 25.41g (50.82%), Selenium: 48.24µg (68.92%), Vitamin K: 44.99µg (42.85%), Manganese: 0.78mg (39.12%), Phosphorus: 316.47mg (31.65%), Copper: 0.53mg (26.35%), Magnesium: 71.06mg (17.76%), Zinc: 2.17mg (14.49%), Potassium: 415.48mg (11.87%), Vitamin A: 552.05IU (11.04%), Fiber: 2.62g (10.47%), Iron: 1.68mg (9.33%), Calcium: 76.83mg (7.68%), Vitamin B6: 0.15mg (7.53%), Vitamin E: 1.12mg (7.45%), Vitamin C: 5.89mg (7.13%), Vitamin B3: 1.38mg (6.91%), Vitamin B1: 0.08mg (5.16%), Folate: 19.06µg (4.77%), Vitamin B5: 0.38mg (3.78%), Vitamin B2: 0.06mg (3.49%)