



Gratinated Scampi in White Wine Sauce

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



376 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 carrots chopped
- ☐ 0.5 teaspoon cayenne pepper
- ☐ 2 tablespoons cognac
- ☐ 0.5 cup cooking wine dry white
- ☐ 1 egg yolk
- ☐ 0.5 cup fish stock
- ☐ 0.3 cup chives fresh chopped
- ☐ 0.5 cup heavy cream

- ☐ 1 leek chopped
- ☐ 2 tablespoons olive oil divided
- ☐ 1 tablespoon paprika
- ☐ 4 servings salt and pepper to taste
- ☐ 1 shallots chopped
- ☐ 1.3 pounds shrimp – and deveined peeled
- ☐ 0.5 cup water

Equipment

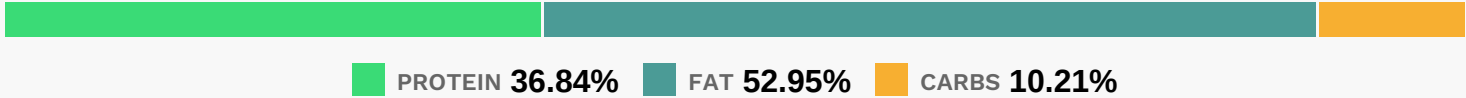
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ broiler

Directions

- ☐ Heat 1 tablespoon of oil in a large skillet over medium-high heat.
- ☐ Add the shrimp peels and cook for 2 minutes, stirring constantly. Reduce the heat to medium, and add the leeks, carrot and shallots. Cover and cook for 2 minutes to sweat the vegetables. Season with paprika and cayenne pepper, and mix well. Stir in the cognac, white wine, water and fish stock. Simmer gently for 10 minutes.
- ☐ Strain the liquid from the skillet into another skillet, pressing any juices out of the shrimp peels and vegetables. Discard the solids. Return the strained liquid to the heat, and stir in cream. Season with salt and pepper and simmer for 5 minutes over medium-low heat.
- ☐ Remove from the heat, and whisk in the egg yolk.
- ☐ Preheat your oven's broiler. In a separate skillet, heat the remaining olive oil.
- ☐ Add the shrimp; cook and stir for about 1 minute. Divide the shrimp evenly between four oven-safe dishes.
- ☐ Pour the sauce over each portion of shrimp.
- ☐ Place the dishes on a baking sheet.

- ☐
- Broil the dishes of shrimp for 2 to 3 minutes, or until nicely browned on the top.
- ☐
- Remove from the oven, and sprinkle chives over the top.

Nutrition Facts



Properties

Glycemic Index:57.71, Glycemic Load:1.83, Inflammation Score:-10, Nutrition Score:15.454347848892%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 375.62kcal (18.78%), Fat: 20.23g (31.13%), Saturated Fat: 8.49g (53.04%), Carbohydrates: 8.77g (2.92%), Net Carbohydrates: 7.01g (2.55%), Sugar: 3.54g (3.94%), Cholesterol: 310.43mg (103.48%), Sodium: 489.91mg (21.3%), Alcohol: 5.59g (100%), Alcohol %: 2.15% (100%), Protein: 31.67g (63.35%), Vitamin A: 4497.05IU (89.94%), Phosphorus: 377.55mg (37.75%), Copper: 0.64mg (32.03%), Vitamin K: 24.83µg (23.65%), Potassium: 617.23mg (17.64%), Magnesium: 69.44mg (17.36%), Calcium: 156.24mg (15.62%), Vitamin E: 2.34mg (15.6%), Zinc: 2.33mg (15.54%), Manganese: 0.28mg (13.79%), Iron: 2.1mg (11.64%), Vitamin B6: 0.19mg (9.29%), Vitamin B2: 0.14mg (8.07%), Folate: 32.29µg (8.07%), Vitamin C: 5.91mg (7.16%), Fiber: 1.77g (7.07%), Selenium: 4.12µg (5.89%), Vitamin D: 0.72µg (4.79%), Vitamin B3: 0.94mg (4.68%), Vitamin B5: 0.37mg (3.67%), Vitamin B1: 0.05mg (3.44%), Vitamin B12: 0.17µg (2.76%)