



Grilled Lime Scampi

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



707 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup butter
- ☐ 1 pinch cayenne pepper
- ☐ 3 garlic cloves minced
- ☐ 2 green onions chopped
- ☐ 0.3 cup juice of lime fresh divided
- ☐ 1 tablespoon olive oil
- ☐ 0.3 teaspoon salt
- ☐ 1 pound shrimp deveined peeled

☐ 0.3 cup white wine

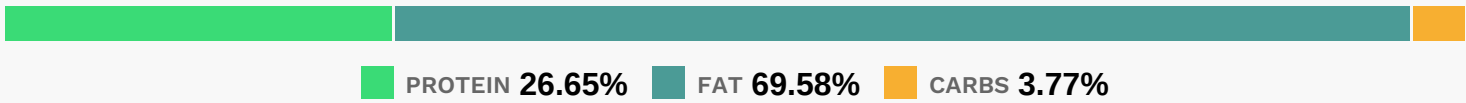
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill

Directions

- ☐ Combine shrimp, 1/4 cup lime juice, and olive oil in a bowl, tossing to coat. Set aside.
- ☐ Melt butter in a large skillet.
- ☐ Add green onions and garlic, and saut 1 to 2 minutes.
- ☐ Add wine, cayenne pepper, salt, and remaining lime juice. Simmer 3 to 5 minutes.
- ☐ Grill shrimp over medium-high heat 3 minutes or until opaque. Toss shrimp in lime-butter sauce, and serve immediately.
- ☐ Note: If it's pouring rain and you don't want to gear up like that famous yellow-clad fisherman to grill dinner, drain shrimp from the marinade and cook them in the lime-butter sauce in a large covered skillet for about 5 minutes.
- ☐ Pour: Here are a few easygoing whites that are also easy on the wallet: 3 Blind Moose Chardonnay, Blackstone Winery Monterey County Pinot Grigio, Nobile Marlborough Sauvignon Blanc, and Talus Collection Pinot Grigio. Feel free to use any of these in the recipe, as well.

Nutrition Facts



Properties

Glycemic Index:79.5, Glycemic Load:0.74, Inflammation Score:-7, Nutrition Score:14.015217506367%

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 Eriodictyol: 0.88mg, Eriodictyol: 0.88mg, Eriodictyol: 0.88mg, Eriodictyol: 0.88mg Hesperetin: 3.74mg, Hesperetin: 3.74mg, Hesperetin: 3.74mg, Hesperetin: 3.74mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg

0.27mg, Naringenin: 0.27mg 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: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg

Nutrients (% of daily need)

Calories: 706.94kcal (35.35%), Fat: 54.26g (83.48%), Saturated Fat: 30.38g (189.86%), Carbohydrates: 6.61g (2.2%), Net Carbohydrates: 6.03g (2.19%), Sugar: 1.33g (1.48%), Cholesterol: 487.15mg (162.38%), Sodium: 930.62mg (40.46%), Alcohol: 3.09g (100%), Alcohol %: 1.04% (100%), Protein: 46.77g (93.54%), Phosphorus: 521.48mg (52.15%), Copper: 0.92mg (46.13%), Vitamin K: 33.51µg (31.91%), Vitamin A: 1579.2IU (31.58%), Magnesium: 90.35mg (22.59%), Zinc: 3.26mg (21.73%), Potassium: 733.15mg (20.95%), Vitamin C: 15.8mg (19.15%), Calcium: 184.23mg (18.42%), Vitamin E: 2.5mg (16.65%), Manganese: 0.21mg (10.67%), Iron: 1.61mg (8.93%), Vitamin B6: 0.1mg (4.82%), Folate: 13.9µg (3.48%), Vitamin B2: 0.04mg (2.64%), Fiber: 0.58g (2.33%), Vitamin B1: 0.03mg (2.01%), Selenium: 1.35µg (1.93%), Vitamin B12: 0.1µg (1.61%), Vitamin B5: 0.16mg (1.61%), Vitamin B3: 0.21mg (1.06%)