



Lemony Shrimp Scampi Pasta

READY IN



20 min.

SERVINGS



4

CALORIES



854 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 6 garlic cloves grated pressed
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 2 lemon zest juiced
- ☐ 0.8 pound linguini thin
- ☐ 5 tablespoons olive oil
- ☐ 0.3 onion
- ☐ 1 small bunch parsley chopped
- ☐ 1 teaspoon pepper flakes red

☐ 0.8 pound shrimp deveined peeled (21 to 25) (reserve shells)

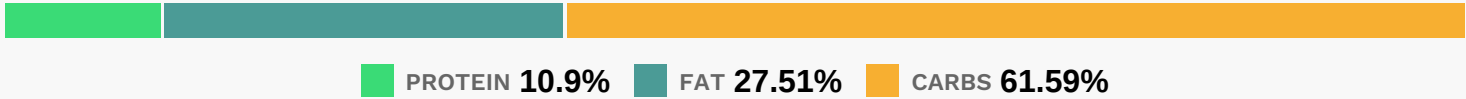
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Watch how to make this recipe.
- ☐ In a bowl, combine the garlic, zest and juice of 1 lemon, olive oil, red pepper flakes, salt and pepper, to taste, and the shrimp. Set aside.
- ☐ Meanwhile make a quick shrimp stock: In a small pot, over medium heat, add the shrimp shells and onion. Cover with water and bring to a boil. Reduce the heat and simmer for 20 minutes. Strain into a bowl and discard the shells and the onion.
- ☐ Bring a large pot of water to a boil over high heat and add a generous amount of salt.
- ☐ Add the linguini and cook until just tender, 2 minutes less than instructed on the package.
- ☐ Drain and reserve 1/2 cup of cooking water.
- ☐ Heat a skillet over high heat.
- ☐ Add the shrimp and cook until they turn pink and start to caramelize, about 3 minutes.
- ☐ Remove the shrimp from the pan to a plate and add the remaining marinade.
- ☐ Let cook a few minutes then add about 1 cup of shrimp stock and about 1/2 cup pasta water. Continue to cook until sauce reduces by half.
- ☐ Add the zest and juice of the remaining lemon, the butter and the parsley and stir to combine. Adjust seasoning with salt and pepper, to taste.
- ☐ Add in the shrimp and pasta and toss to combine with the sauce. Turn out into a serving bowl and serve immediately.

Nutrition Facts



Properties

Glycemic Index:63.75, Glycemic Load:51.77, Inflammation Score:-9, Nutrition Score:26.613913026193%

Flavonoids

Apigenin: 30.72mg, Apigenin: 30.72mg, Apigenin: 30.72mg, Apigenin: 30.72mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 2.19mg, Myricetin: 2.19mg, Myricetin: 2.19mg, Myricetin: 2.19mg Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg

Nutrients (% of daily need)

Calories: 853.61kcal (42.68%), Fat: 25.97g (39.96%), Saturated Fat: 6.52g (40.78%), Carbohydrates: 130.84g (43.61%), Net Carbohydrates: 124.2g (45.16%), Sugar: 5.17g (5.74%), Cholesterol: 15.05mg (5.02%), Sodium: 72.99mg (3.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.15g (46.3%), Vitamin K: 245.69µg (233.99%), Selenium: 108.39µg (154.84%), Manganese: 1.69mg (84.4%), Phosphorus: 342.33mg (34.23%), Vitamin A: 1526.19IU (30.52%), Vitamin C: 24.74mg (29.99%), Copper: 0.54mg (26.9%), Fiber: 6.64g (26.57%), Magnesium: 100.6mg (25.15%), Vitamin E: 3.18mg (21.2%), Iron: 3.41mg (18.92%), Zinc: 2.65mg (17.67%), Vitamin B6: 0.33mg (16.73%), Vitamin B3: 3.19mg (15.96%), Potassium: 504.08mg (14.4%), Folate: 54.48µg (13.62%), Vitamin B1: 0.18mg (12.07%), Vitamin B5: 0.85mg (8.49%), Vitamin B2: 0.13mg (7.79%), Calcium: 73.08mg (7.31%)