



# Lemony Shrimp Scampi with Orzo and Arugula

 Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



524 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 6 ounces baby arugula
- 0.5 teaspoon pepper black freshly ground
- 0.5 cup cooking wine dry white such as pinot grigio
- 0.5 teaspoon kosher salt
- 1 teaspoon kosher salt
- 6 servings kosher salt
- 0.5 cup juice of lemon fresh (from 2 large lemons)
- 2 lemon zest

- 0.3 cup olive oil extra-virgin
- 2 tablespoons olive oil extra-virgin
- 1 pound orzo pasta
- 1 large shallots chopped
- 1 pound shrimp deveined peeled

## Equipment

- bowl
- frying pan
- whisk
- pot
- wooden spoon

## Directions

- Bring a large pot of salted water to a boil over high heat.
- Add the pasta and cook until tender but still firm to the bite, stirring occasionally, 6 to 8 minutes.
- Drain and reserve about 1 cup of the pasta water.
- For the vinaigrette: In a small bowl, whisk together the olive oil, lemon zest, lemon juice, salt and pepper until smooth. Set aside.
- In a large skillet, heat the oil over medium-high heat.
- Add the shallots and cook until soft, 2 to 3 minutes.
- Add the shrimp, salt and pepper. Cook until the shrimp turn pink and are cooked through, 2 to 3 minutes.
- Remove the shrimp from the skillet. Increase the heat to high.
- Add the wine and arugula. Using a wooden spoon, scrape up the brown bits that cling to the bottom of the pan. Cook for 1 minute until most of the liquid has evaporated and the arugula has wilted.
- Add the cooked pasta, cooked shrimp and vinaigrette to the skillet. Toss until all the ingredients are coated, adding the reserve pasta water, if needed, to loosen the pasta.

Transfer to a large bowl and serve.

## Nutrition Facts

**PROTEIN 20.32%** **FAT 32.41%** **CARBS 47.27%**

### Properties

Glycemic Index:25.17, Glycemic Load:23.15, Inflammation Score:-7, Nutrition Score:17.031738923944%

### 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: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 3.02mg, Hesperetin: 3.02mg, Hesperetin: 3.02mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg Kaempferol: 9.89mg, Kaempferol: 9.89mg, Kaempferol: 9.89mg, Kaempferol: 9.89mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.33mg, Quercetin: 2.33mg, Quercetin: 2.33mg, Quercetin: 2.33mg

### Nutrients (% of daily need)

Calories: 524.38kcal (26.22%), Fat: 18.45g (28.38%), Saturated Fat: 2.62g (16.39%), Carbohydrates: 60.53g (20.18%), Net Carbohydrates: 57.21g (20.8%), Sugar: 3.72g (4.13%), Cholesterol: 121.71mg (40.57%), Sodium: 879.5mg (38.24%), Alcohol: 2.06g (100%), Alcohol %: 1.07% (100%), Protein: 26.02g (52.04%), Selenium: 47.98µg (68.54%), Manganese: 0.87mg (43.52%), Vitamin K: 41.4µg (39.42%), Phosphorus: 327.63mg (32.76%), Copper: 0.55mg (27.4%), Magnesium: 84.55mg (21.14%), Vitamin C: 15.03mg (18.22%), Vitamin E: 2.64mg (17.63%), Zinc: 2.27mg (15.15%), Potassium: 527.58mg (15.07%), Vitamin A: 676.03IU (13.52%), Fiber: 3.32g (13.29%), Calcium: 118.24mg (11.82%), Folate: 47.08µg (11.77%), Iron: 2.04mg (11.35%), Vitamin B6: 0.17mg (8.28%), Vitamin B3: 1.43mg (7.15%), Vitamin B1: 0.09mg (6.02%), Vitamin B5: 0.51mg (5.06%), Vitamin B2: 0.08mg (4.62%)