



Linguine with Shrimp Scampi

 Popular

READY IN



25 min.

SERVINGS



3

CALORIES



893 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 0.3 cup parsley leaves fresh chopped
- 4 cloves garlic minced
- 1 tablespoon kosher salt plus
- 0.3 optional: lemon sliced in half-rounds
- 0.3 cup juice of lemon freshly squeezed (2 lemons)
- 0.5 lemon zest grated
- 0.8 pound pasta

- 2.5 tablespoons olive oil good
- 0.1 teaspoon pepper flakes red hot
- 1 pound shrimp deveined peeled (16 shrimp)
- 3 tablespoons butter unsalted
- 3 servings vegetable oil

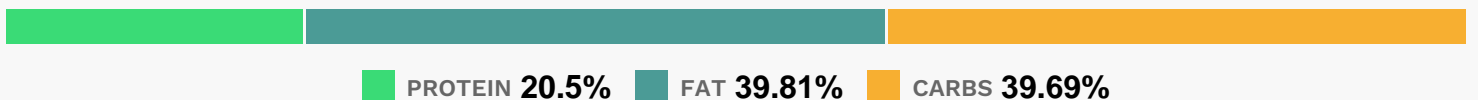
Equipment

- frying pan
- pot

Directions

- Watch how to make this recipe.
- Drizzle some oil in a large pot of boiling salted water, add 1 tablespoon of salt and the linguine, and cook for 7 to 10 minutes, or according to the directions on the package.
- Meanwhile, in another large (12-inch), heavy-bottomed pan, melt the butter and olive oil over medium-low heat.
- Add the garlic.
- Saute for 1 minute. Be careful, the garlic burns easily!
- Add the shrimp, 1 1/2 teaspoons of salt, and the pepper and saute until the shrimp have just turned pink, about 5 minutes, stirring often.
- Remove from the heat, add the parsley, lemon zest, lemon juice, lemon slices, and red pepper flakes. Toss to combine.
- When the pasta is done, drain the cooked linguine and then put it back in the pot. Immediately add the shrimp and sauce, toss well, and serve.

Nutrition Facts



Properties

Glycemic Index:53.83, Glycemic Load:34.65, Inflammation Score:-8, Nutrition Score:26.628695748422%

Flavonoids

Eriodictyol: 2.91mg, Eriodictyol: 2.91mg, Eriodictyol: 2.91mg, Eriodictyol: 2.91mg Hesperetin: 5.45mg, Hesperetin: 5.45mg, Hesperetin: 5.45mg, Hesperetin: 5.45mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Apigenin: 14.37mg, Apigenin: 14.37mg, Apigenin: 14.37mg, Apigenin: 14.37mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 1.1mg, Myricetin: 1.1mg, Myricetin: 1.1mg, Myricetin: 1.1mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 893.06kcal (44.65%), Fat: 39.67g (61.04%), Saturated Fat: 11.43g (71.45%), Carbohydrates: 88.98g (29.66%), Net Carbohydrates: 84.56g (30.75%), Sugar: 3.92g (4.35%), Cholesterol: 273.53mg (91.18%), Sodium: 2520.24mg (109.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.96g (91.93%), Vitamin K: 143.63µg (136.79%), Selenium: 72.48µg (103.54%), Manganese: 1.2mg (60.08%), Phosphorus: 554.93mg (55.49%), Copper: 0.96mg (47.77%), Magnesium: 120.19mg (30.05%), Vitamin C: 24.04mg (29.14%), Zinc: 3.78mg (25.23%), Vitamin E: 3.41mg (22.72%), Potassium: 747.77mg (21.36%), Vitamin A: 941.14IU (18.82%), Fiber: 4.42g (17.69%), Iron: 2.94mg (16.34%), Calcium: 147.85mg (14.78%), Vitamin B6: 0.24mg (11.88%), Vitamin B3: 2.09mg (10.46%), Folate: 36.32µg (9.08%), Vitamin B1: 0.13mg (8.4%), Vitamin B5: 0.6mg (6.05%), Vitamin B2: 0.09mg (5.32%), Vitamin D: 0.21µg (1.4%)