



Marc Anthony's Scampi Salad

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



413 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 ounce anchovy drained canned tinned
- ☐ 2 tablespoons butter
- ☐ 4 servings coarse salt and pepper black
- ☐ 0.5 cup cooking wine dry white generous a 1 tablespoon
- ☐ 0.3 cup pasteurized cholesterol-free egg product
- ☐ 1 handful flat parsley chopped
- ☐ 4 cloves garlic crushed
- ☐ 4 large cloves garlic finely chopped

- ☐ 4 servings coarsely ground pepper black
- ☐ 0.5 juice of lemon juiced
- ☐ 1 juice of lemon juiced
- ☐ 1.5 pounds shrimp shelled deveined
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 1 tablespoon olive oil extra-virgin 1 turn around the pan
- ☐ 0.5 cup parmigiano grated a couple of handfuls
- ☐ 0.3 teaspoon pepper flakes red crushed a couple of pinches
- ☐ 2 large heads romaine lettuce trimmed to hearts and coarsely chopped
- ☐ 2 teaspoons worcestershire sauce several drops

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill

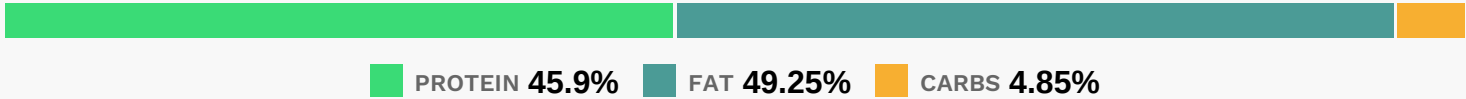
Directions

- ☐ Butterfly shrimp by splitting meat almost all the way through lengthwise.
- ☐ Heat a large nonstick skillet over medium to medium high heat.
- ☐ Add oil and butter to pan and melt butter.
- ☐ Add crushed pepper, garlic, and shrimp.
- ☐ Saute shrimp until pink but not cooked through, 2 minutes, then add wine and let it almost evaporate out, another 2 minutes.
- ☐ Remove pan from heat and sprinkle shrimp with lemon juice and parsley then season with salt and pepper, to taste. Pile several shrimp on each plate of Caesar Greens and serve.
- ☐ To make dressing, combine anchovies, garlic, and oil in a metal or heatproof glass bowl.
- ☐ Place bowl on grill top and cover grill. Cook oil mixture 2 or 3 minutes or until garlic is speaking by sizzling in oil.
- ☐ Remove dressing from heat and beat warm oil with a fork until the anchovies break up completely and dissipates in oil. Cooked anchovies melt away easily and the flavor changes

from fishy to nutty.

- ☐
- Transfer oil mixture to a large salad bowl.
- ☐
- Add Worcestershire, lemon juice, egg, pepper, and cheese while beating with fork. Toss greens to coat with dressing.

Nutrition Facts



Properties

Glycemic Index:54, Glycemic Load:0.81, Inflammation Score:-5, Nutrition Score:15.246086812538%

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: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.75mg, Hesperetin: 1.75mg, Hesperetin: 1.75mg, Hesperetin: 1.75mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Apigenin: 2.18mg, Apigenin: 2.18mg, Apigenin: 2.18mg, Apigenin: 2.18mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 412.97kcal (20.65%), Fat: 21.56g (33.18%), Saturated Fat: 7.85g (49.06%), Carbohydrates: 4.78g (1.59%), Net Carbohydrates: 4.55g (1.65%), Sugar: 1.11g (1.23%), Cholesterol: 365.95mg (121.98%), Sodium: 1225.78mg (53.29%), Alcohol: 3.09g (100%), Alcohol %: 1.3% (100%), Protein: 45.22g (90.43%), Phosphorus: 536.42mg (53.64%), Copper: 0.76mg (37.91%), Calcium: 319.6mg (31.96%), Selenium: 18.12µg (25.88%), Vitamin K: 25.16µg (23.96%), Zinc: 3.3mg (22.01%), Magnesium: 83.1mg (20.77%), Potassium: 649.61mg (18.56%), Vitamin B3: 2.99mg (14.96%), Vitamin E: 2.14mg (14.26%), Iron: 2.39mg (13.28%), Manganese: 0.23mg (11.48%), Vitamin B2: 0.18mg (10.76%), Vitamin A: 494.01IU (9.88%), Vitamin C: 7.97mg (9.66%), Vitamin B6: 0.16mg (8.12%), Vitamin B12: 0.42µg (7.03%), Vitamin B5: 0.5mg (4.96%), Vitamin D: 0.61µg (4.05%), Folate: 15.25µg (3.81%), Vitamin B1: 0.04mg (2.8%)