



Marc Antony's Scampi Wraps

 Dairy Free

READY IN



21 min.

SERVINGS



4

CALORIES



533 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons capers
- ☐ 4 cloves garlic crushed
- ☐ 1 lemon zest juiced
- ☐ 2 tablespoons olive oil extra-virgin
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- ☐ 24 shrimp raw deveined peeled for you, ask for easy-peels (shrimp in shell
- ☐ 1 teaspoon pepper flakes red
- ☐ 2 hearts romaine

- ☐ 1 teaspoon salt and pepper black (recommended: Montreal seasoning)
- ☐ 4 12-inch sun-dried tomato flour tortilla wraps flavored ()

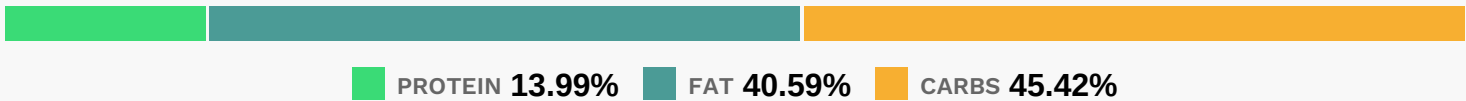
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill
- ☐ stove
- ☐ cutting board

Directions

- ☐ Heat a large skillet over medium high heat.
- ☐ Add oil, garlic and crushed pepper flakes.
- ☐ Add shrimp and season with grill seasoning or salt and pepper. Cook, stirring frequently, 3 minutes or until shrimp are pink and firm.
- ☐ Transfer garlic and shrimp to a cutting board and cool 2 minutes. Coarsely chop shrimp and garlic. Wipe out pan.
- ☐ Chop 2 hearts of romaine and place in a large bowl.
- ☐ Add chopped shrimp and garlic, capers, anchovies lemon zest and juice. Toss salad, then add oil and re-toss. Season with salt and pepper.
- ☐ Blister tortillas in very hot nonstick skillet or over open flame on gas burner stove top for 15 seconds on each side to soften. Pile 1/4 of the salad onto a wrap. Tuck in sides, wrap and roll. Repeat.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:18.07, Inflammation Score:-10, Nutrition Score:27.737825970287%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 7.9mg, Kaempferol: 7.9mg, Kaempferol: 7.9mg, Kaempferol: 7.9mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 11.65mg, Quercetin: 11.65mg, Quercetin: 11.65mg, Quercetin: 11.65mg

Nutrients (% of daily need)

Calories: 532.77kcal (26.64%), Fat: 24.03g (36.96%), Saturated Fat: 5.38g (33.63%), Carbohydrates: 60.5g (20.17%), Net Carbohydrates: 54.73g (19.9%), Sugar: 5.05g (5.62%), Cholesterol: 75.6mg (25.2%), Sodium: 1939.75mg (84.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.63g (37.26%), Vitamin A: 5186.7IU (103.73%), Vitamin K: 76.78µg (73.13%), Selenium: 44.02µg (62.89%), Folate: 197.21µg (49.3%), Vitamin B1: 0.64mg (42.36%), Phosphorus: 405.06mg (40.51%), Manganese: 0.73mg (36.65%), Vitamin B3: 6.41mg (32.03%), Iron: 5.15mg (28.58%), Fiber: 5.76g (23.06%), Calcium: 229.48mg (22.95%), Vitamin B2: 0.39mg (22.7%), Vitamin E: 3.13mg (20.87%), Copper: 0.29mg (14.66%), Vitamin B6: 0.26mg (12.87%), Magnesium: 49.9mg (12.48%), Vitamin B12: 0.67µg (11.1%), Potassium: 376.7mg (10.76%), Zinc: 1.4mg (9.31%), Vitamin C: 5.39mg (6.54%), Vitamin B5: 0.48mg (4.82%)