



My Special Shrimp Scampi Florentine

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



433 kcal

Ingredients

- ☐ 2 tablespoons basil pesto prepared (such as Classico ™)
- ☐ 4 servings pepper black to taste
- ☐ 0.3 cup butter
- ☐ 3 cloves garlic minced
- ☐ 0.3 cup olive oil
- ☐ 2 large plum tomatoes diced seeded
- ☐ 0.3 teaspoon pepper flakes red to taste
- ☐ 1 pound shrimp deveined peeled
- ☐ 2 cups pkt spinach fresh stemmed rinsed

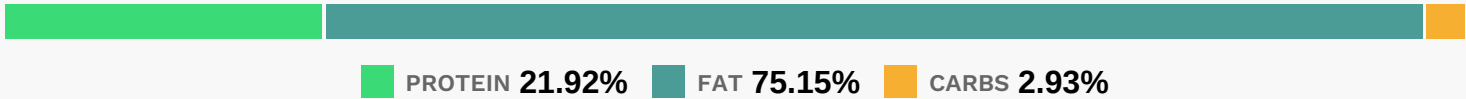
Equipment

☐ frying pan

Directions

- ☐ Combine the butter and the olive oil in a large skillet over medium heat. Stir in pesto, garlic, and tomatoes, and simmer until the tomatoes start to soften, about 2 minutes. Season with red pepper flakes and black pepper to taste.
- ☐ Stir the shrimp into the sauce, and cook just until they turn pink, 3 to 5 minutes.
- ☐ Add the spinach, and stir until wilted, about 1 minute.

Nutrition Facts



Properties

Glycemic Index:45.5, Glycemic Load:0.61, Inflammation Score:-9, Nutrition Score:13.528261016244%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 433.15kcal (21.66%), Fat: 36.85g (56.69%), Saturated Fat: 12.83g (80.16%), Carbohydrates: 3.23g (1.08%), Net Carbohydrates: 2.29g (0.83%), Sugar: 1.16g (1.29%), Cholesterol: 223.84mg (74.61%), Sodium: 342.92mg (14.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.19g (48.37%), Vitamin K: 87.39µg (83.23%), Vitamin A: 2326.52IU (46.53%), Phosphorus: 265.98mg (26.6%), Copper: 0.49mg (24.52%), Vitamin E: 3.55mg (23.69%), Magnesium: 56.25mg (14.06%), Potassium: 474.05mg (13.54%), Manganese: 0.26mg (12.99%), Zinc: 1.7mg (11.34%), Calcium: 112.25mg (11.22%), Vitamin C: 9.16mg (11.11%), Folate: 34.44µg (8.61%), Iron: 1.3mg (7.21%), Vitamin B6: 0.09mg (4.27%), Fiber: 0.94g (3.75%), Vitamin B2: 0.04mg (2.62%), Vitamin B1: 0.03mg (1.94%), Vitamin B3: 0.33mg (1.66%)