



Scampi Fra Diavolo

READY IN



30 min.

SERVINGS



4

CALORIES



343 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons butter divided
- ☐ 0.7 cup sauvignon blanc white wine dry white (preferably Sauvignon Blanc)
- ☐ 5 garlic clove minced
- ☐ 4 servings lemon wedges
- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 0.3 cup panko bread crumbs (Japanese breadcrumbs)
- ☐ 0.5 cup parsley fresh italian divided chopped
- ☐ 1.5 cups onion red thinly sliced
- ☐ 0.5 teaspoon pepper dried red crushed

☐ 1.3 pounds shrimp deveined uncooked peeled

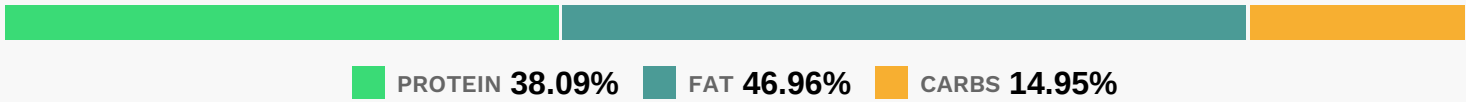
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Melt 1 tablespoon butter in large nonstick skillet over medium-high heat.
- ☐ Add panko and stir until golden and crisp, about 2 minutes.
- ☐ Transfer to small bowl; mix in 2 tablespoons parsley. Wipe out skillet.
- ☐ Sprinkle shrimp with salt and pepper. Melt remaining 2 tablespoons butter with olive oil in same skillet over high heat.
- ☐ Add red onion and sauté until beginning to soften, about 3 minutes. Stir in garlic and crushed red pepper and sauté 1 minute.
- ☐ Add shrimp and sauté until barely opaque in center, about 1 minute per side.
- ☐ Add white wine and simmer until liquid is slightly thickened and reduced, 2 to 3 minutes. Season to taste with salt and pepper. Stir in remaining 6 tablespoons parsley.
- ☐ Transfer to shallow bowl.
- ☐ Sprinkle sautéed panko over and serve with lemon wedges.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index: 41.13, Glycemic Load: 1.68, Inflammation Score: -8, Nutrition Score: 14.489565250666%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg

3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg
Myricetin: 1.2mg, Myricetin: 1.2mg, Myricetin: 1.2mg, Myricetin: 1.2mg Quercetin: 12.28mg, Quercetin: 12.28mg,
Quercetin: 12.28mg, Quercetin: 12.28mg

Nutrients (% of daily need)

Calories: 342.54kcal (17.13%), Fat: 16.68g (25.66%), Saturated Fat: 6.61g (41.32%), Carbohydrates: 11.95g (3.98%),
Net Carbohydrates: 10.26g (3.73%), Sugar: 3g (3.34%), Cholesterol: 250.79mg (83.6%), Sodium: 284.29mg
(12.36%), Alcohol: 4.13g (100%), Alcohol %: 1.9% (100%), Protein: 30.44g (60.88%), Vitamin K: 128.85µg (122.71%),
Phosphorus: 342.51mg (34.25%), Copper: 0.62mg (30.78%), Vitamin C: 16.12mg (19.54%), Vitamin A: 970.08IU
(19.4%), Magnesium: 63.11mg (15.78%), Potassium: 537.05mg (15.34%), Zinc: 2.22mg (14.79%), Calcium: 134.48mg
(13.45%), Manganese: 0.25mg (12.47%), Iron: 1.72mg (9.58%), Vitamin E: 1.42mg (9.49%), Folate: 28.76µg (7.19%),
Vitamin B6: 0.14mg (6.88%), Fiber: 1.69g (6.74%), Vitamin B1: 0.09mg (6.1%), Selenium: 2.26µg (3.23%), Vitamin B2:
0.05mg (3.17%), Vitamin B3: 0.56mg (2.8%), Vitamin B5: 0.17mg (1.69%)