



Scampi on Couscous

 Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



628 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 carrots chopped
- 8 ounce bottled clam juice
- 2 cups couscous plain
- 0.3 cup cooking wine dry white
- 1 garlic clove minced peeled smashed
- 1 juice of lemon juiced
- 0.5 cup olive oil extra-virgin
- 1 small onion chopped

- 4 servings parsley leaves chopped for garnish
- 1 tablespoon pepper flakes red
- 2 pounds shrimp deveined peeled
- 16 ounce tomatoes in their juice chopped canned
- 1 cup water

Equipment

- food processor
- bowl
- frying pan
- pot

Directions

- In a large pot, heat 1/4 cup olive oil. When almost smoking, add onion, carrot and 1 clove smashed garlic and saute until vegetables are soft, about 5 minutes.
- Add the canned tomatoes and their juice, clam juice and white wine. Bring to a boil and simmer on medium heat for 10 minutes, uncovered.
- Remove from heat and allow to cool slightly. Carefully pour tomato mixture in the bowl of a food processor and puree.
- Add a couple of tablespoons of water if needed – you want to end up with a broth. Check for seasoning.
- Return broth to the pot.
- Add 1 cup of water and 2 tablespoons extra-virgin olive oil and bring to a boil. Reduce heat and add 2 cups couscous. Cover pot and remove from heat.
- Let rest for 10 minutes, allowing the couscous to absorb all the liquid. Fluff with a fork and season with salt and pepper.
- In a large skillet, add the remaining 1/4 cup oil and the 2 cloves of minced garlic.
- Heat the oil, making sure not to burn the garlic. When the oil is hot, add the shrimp and stirring occasionally, cook the shrimp until they start to turn pink, about 5 minutes. Be careful not to overcook the shrimp or they will become tough.

Remove from heat and add the lemon juice, red pepper and chopped parsley. Check for seasoning.

To serve, mound the couscous in the center of a platter and top with the shrimp.

Nutrition Facts

PROTEIN 37.61% **FAT 11.16%** **CARBS 51.23%**

Properties

Glycemic Index:53.96, Glycemic Load:41.74, Inflammation Score:-10, Nutrition Score:24.235652033402%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.15mg, Hesperetin: 1.15mg, Hesperetin: 1.15mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 8.64mg, Apigenin: 8.64mg, Apigenin: 8.64mg, Apigenin: 8.64mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg Quercetin: 3.64mg, Quercetin: 3.64mg, Quercetin: 3.64mg, Quercetin: 3.64mg

Nutrients (% of daily need)

Calories: 628.37kcal (31.42%), Fat: 7.62g (11.72%), Saturated Fat: 1.15g (7.16%), Carbohydrates: 78.68g (26.23%), Net Carbohydrates: 72.54g (26.38%), Sugar: 3.86g (4.29%), Cholesterol: 365.14mg (121.71%), Sodium: 534.07mg (23.22%), Alcohol: 1.54g (100%), Alcohol %: 0.31% (100%), Protein: 57.77g (115.54%), Vitamin A: 3562.97IU (71.26%), Vitamin K: 73.12µg (69.64%), Phosphorus: 661.81mg (66.18%), Copper: 1.17mg (58.5%), Manganese: 0.88mg (44.17%), Magnesium: 131.56mg (32.89%), Potassium: 949.74mg (27.14%), Zinc: 4.03mg (26.89%), Fiber: 6.14g (24.57%), Calcium: 196.61mg (19.66%), Vitamin B3: 3.63mg (18.16%), Iron: 2.96mg (16.47%), Vitamin C: 13.5mg (16.36%), Vitamin B5: 1.24mg (12.4%), Vitamin B1: 0.18mg (12.23%), Vitamin B6: 0.24mg (11.88%), Vitamin E: 1.75mg (11.66%), Folate: 36.37µg (9.09%), Vitamin B2: 0.11mg (6.75%), Selenium: 0.87µg (1.24%)