



Scampi with Garlic, Chiles and Mint: Scampi con Aglio, Peperoni e Nepitella



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



355 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup cooking wine dry white
- ☐ 4 tablespoons olive oil extra virgin
- ☐ 0.3 cup fennel fronds fresh chopped
- ☐ 0.3 cup mint leaves fresh
- ☐ 4 cloves garlic thinly sliced
- ☐ 2 pounds prawns 12 pieces
- ☐ 4 jalapeños red hot seeded thinly sliced

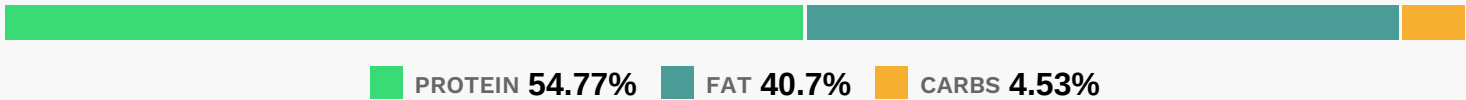
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Split the prawns in half lengthwise.
- ☐ In a 12 to 14-inch saute pan, heat the oil until smoking.
- ☐ Add the prawns, garlic and jalapenos and cook until the prawns have turned red on 1 side but the garlic is still light brown.
- ☐ Add the wine and turn the prawns over to cook 1 more minute.
- ☐ Add the mint and fennel and toss through.
- ☐ Pour into a warm serving bowl and serve.

Nutrition Facts



Properties

Glycemic Index:33.75, Glycemic Load:0.96, Inflammation Score:-4, Nutrition Score:12.01260870436%

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: 0.93mg, Eriodictyol: 0.93mg, Eriodictyol: 0.93mg, Eriodictyol: 0.93mg Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 354.86kcal (17.74%), Fat: 15.27g (23.49%), Saturated Fat: 2.18g (13.63%), Carbohydrates: 3.82g (1.27%), Net Carbohydrates: 3.16g (1.15%), Sugar: 1.27g (1.42%), Cholesterol: 365.14mg (121.71%), Sodium: 277.14mg (12.05%), Alcohol: 3.09g (100%), Alcohol %: 1.32% (100%), Protein: 46.23g (92.47%), Phosphorus: 506.13mg (50.61%), Copper:

0.93mg (46.39%), Vitamin C: 22.6mg (27.4%), Magnesium: 89.52mg (22.38%), Zinc: 3.19mg (21.26%), Potassium: 715.81mg (20.45%), Calcium: 164.88mg (16.49%), Vitamin E: 2.15mg (14.31%), Vitamin K: 13.97µg (13.31%), Manganese: 0.23mg (11.49%), Iron: 1.72mg (9.54%), Vitamin B6: 0.13mg (6.46%), Vitamin A: 260.31IU (5.21%), Fiber: 0.67g (2.67%), Folate: 8.28µg (2.07%), Vitamin B2: 0.03mg (1.71%), Vitamin B3: 0.31mg (1.55%), Vitamin B1: 0.02mg (1.36%)