



Scampi with Garlic, Chilies and Nepitella



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



686 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
- ☐ 2 tablespoons rosemary leaves fresh chopped
- ☐ 4 cloves garlic thinly sliced
- ☐ 4 ounces guanciale italian pork jowl bacon
- ☐ 2 pounds shrimp 12 pieces

- ☐ 4 long radicchio di treviso
- ☐ 4 jalapeños red hot seeded thinly sliced
- ☐ 4 tablespoons virgin olive oil
- ☐ 4 tablespoons citrus champagne vinegar

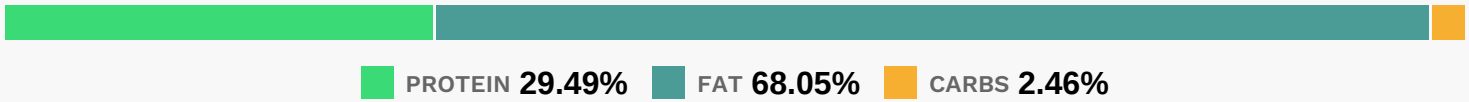
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Split shrimp in half lengthwise.
- ☐ In a 12-inch to 14-inch saute pan, heat oil until smoking.
- ☐ Add shrimp, garlic and chilies and cook until shrimp have turned red on one side but garlic is still light brown.
- ☐ Add wine and extra virgin olive oil and turn shrimp over to cook 1 or more minute.
- ☐ Add mint and fennel and toss through.
- ☐ Pour in warm serving bowl and serve.
- ☐ Chop guanciale into 1-inch batonettes and place into a cold pan over medium heat. Cook until fat is rendered, about 5 to 6 minutes, and add radicchio.
- ☐ Saute over high heat until wilted, add rosemary and vinegar, season with salt and pepper and toss to coat.
- ☐ Serve hot or at room temperature.;

Nutrition Facts



Properties

Glycemic Index:33.75, Glycemic Load:0.96, Inflammation Score:-5, Nutrition Score:13.35086964006%

Flavonoids

Cyanidin: 1.27mg, Cyanidin: 1.27mg, Cyanidin: 1.27mg, Cyanidin: 1.27mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg 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 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: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg 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: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 685.51kcal (34.28%), Fat: 50.59g (77.84%), Saturated Fat: 12.24g (76.51%), Carbohydrates: 4.11g (1.37%), Net Carbohydrates: 3.3g (1.2%), Sugar: 1.28g (1.42%), Cholesterol: 395.52mg (131.84%), Sodium: 522.09mg (22.7%), Alcohol: 3.09g (100%), Alcohol %: 1.1% (100%), Protein: 49.32g (98.64%), Phosphorus: 508.39mg (50.84%), Copper: 0.94mg (46.79%), Vitamin E: 4.19mg (27.9%), Vitamin C: 22.97mg (27.85%), Vitamin K: 24.95µg (23.76%), Magnesium: 91.16mg (22.79%), Zinc: 3.21mg (21.39%), Potassium: 731.5mg (20.9%), Calcium: 169.28mg (16.93%), Manganese: 0.25mg (12.38%), Iron: 1.93mg (10.75%), Vitamin B6: 0.13mg (6.66%), Vitamin A: 289.82IU (5.8%), Fiber: 0.82g (3.27%), Folate: 9.97µg (2.49%), Vitamin B2: 0.03mg (1.82%), Vitamin B3: 0.32mg (1.61%), Vitamin B1: 0.02mg (1.4%)