



Shrimp and Broccoli Scampi

READY IN



45 min.

SERVINGS



4

CALORIES



438 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 ounces broccoli florets
- ☐ 1 tablespoon butter
- ☐ 2 teaspoons canola oil
- ☐ 0.8 cup chicken stock see unsalted (such as Swanson)
- ☐ 2 teaspoons cornstarch
- ☐ 10 garlic clove minced
- ☐ 0.3 teaspoon kosher salt
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 tablespoon lemon zest grated

- ☐ 0.3 cup parmesan grated shaved
- ☐ 0.3 cup parsley finely chopped
- ☐ 1 pound shrimp deveined peeled
- ☐ 8 ounces pasta like spaghetti uncooked thin
- ☐ 1 tablespoon water

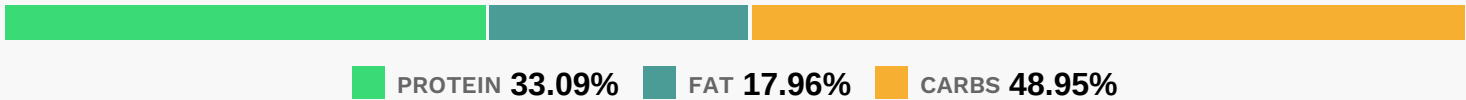
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ Add broccoli in the last 2 minutes of cooking.
- ☐ Drain.
- ☐ Heat a large skillet over high heat. Coat pan with cooking spray.
- ☐ Add shrimp; cook 2 minutes on each side.
- ☐ Remove shrimp from pan.
- ☐ Heat pan over medium–low heat.
- ☐ Add butter and oil; swirl to coat.
- ☐ Add garlic; saut 1 minute.
- ☐ Add stock; bring to a boil, scraping pan to loosen browned bits.
- ☐ Combine 1 tablespoon water and cornstarch in a small bowl. Stir cornstarch mixture into stock mixture; cook 1 minute. Stir in shrimp, pasta mixture, parsley, rind, juice, and salt; cook 1 minute, tossing to coat.
- ☐ Sprinkle with Parmesan cheese.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:53.25, Glycemic Load:18.91, Inflammation Score:-8, Nutrition Score:26.787825940096%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg Kaempferol: 6.74mg, Kaempferol: 6.74mg, Kaempferol: 6.74mg, Kaempferol: 6.74mg Myricetin: 0.73mg, Myricetin: 0.73mg, Myricetin: 0.73mg, Myricetin: 0.73mg Quercetin: 2.94mg, Quercetin: 2.94mg, Quercetin: 2.94mg, Quercetin: 2.94mg

Nutrients (% of daily need)

Calories: 437.82kcal (21.89%), Fat: 8.83g (13.59%), Saturated Fat: 3.5g (21.88%), Carbohydrates: 54.17g (18.06%), Net Carbohydrates: 49.67g (18.06%), Sugar: 4.08g (4.53%), Cholesterol: 195.7mg (65.23%), Sodium: 502.55mg (21.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.62g (73.25%), Vitamin K: 150.3µg (143.14%), Vitamin C: 88.12mg (106.81%), Selenium: 41.51µg (59.29%), Phosphorus: 476.89mg (47.69%), Manganese: 0.87mg (43.52%), Copper: 0.71mg (35.35%), Magnesium: 96.72mg (24.18%), Potassium: 809.44mg (23.13%), Calcium: 222.08mg (22.21%), Zinc: 3.04mg (20.28%), Vitamin A: 985.26IU (19.71%), Folate: 74.2µg (18.55%), Vitamin B6: 0.37mg (18.25%), Fiber: 4.5g (17.99%), Iron: 2.48mg (13.77%), Vitamin B2: 0.21mg (12.23%), Vitamin B3: 2.35mg (11.76%), Vitamin B1: 0.15mg (10.05%), Vitamin B5: 0.84mg (8.38%), Vitamin E: 1.23mg (8.22%), Vitamin B12: 0.08µg (1.35%)