



Shrimp-and-Crab Finger Scampi



Gluten Free



Low Fod Map

READY IN



20 min.

SERVINGS



4

CALORIES



472 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons canola oil
- ☐ 20 large surimi crab sticks
- ☐ 1 cup wine dry white
- ☐ 3 tablespoons parsley fresh finely chopped
- ☐ 4 servings kosher salt
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 20 large shrimp fresh deveined peeled
- ☐ 0.8 cup butter unsalted cut into pieces

☐

4 servings pepper white freshly ground

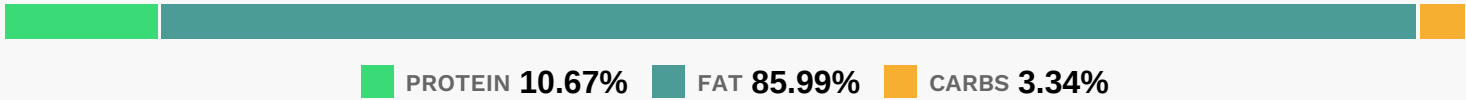
Equipment

- ☐ frying pan
- ☐ wooden spoon

Directions

- ☐ Heat oil in a 12–inch skillet over medium heat.
- ☐ Add shrimp, and cook 2 minutes on each side.
- ☐ Transfer shrimp to a plate.
- ☐ Add white wine to skillet, stirring with a wooden spoon to loosen any bits stuck to bottom of pan. Bring mixture to a boil. Cook 5 to 7 minutes or until mixture is reduced by half.
- ☐ Add reserved shrimp and crab claws to skillet. Cook 1 to 2 minutes or until thoroughly heated.
- ☐ Remove pan from heat, and stir in butter, 1 piece at a time. Stir in parsley and lemon juice. Season to taste with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:11.75, Glycemic Load:0.26, Inflammation Score:-7, Nutrition Score:8.8708695536074%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.33mg, Hesperetin: 1.33mg, Hesperetin: 1.33mg, Hesperetin: 1.33mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 471.6kcal (23.58%), Fat: 41.89g (64.45%), Saturated Fat: 22.45g (140.33%), Carbohydrates: 3.67g (1.22%), Net Carbohydrates: 3.02g (1.1%), Sugar: 0.82g (0.91%), Cholesterol: 174.11mg (58.04%), Sodium: 304.63mg (13.24%), Alcohol: 6.18g (100%), Alcohol %: 4.41% (100%), Protein: 11.69g (23.38%), Vitamin K: 57.41µg (54.68%), Vitamin A: 1318.01IU (26.36%), Vitamin E: 2.25mg (14.97%), Phosphorus: 144.82mg (14.48%), Copper: 0.27mg (13.74%), Vitamin C: 7.66mg (9.29%), Manganese: 0.18mg (9.12%), Vitamin B12: 0.52µg (8.71%), Magnesium: 30.56mg (7.64%), Zinc: 1.14mg (7.58%), Potassium: 220.86mg (6.31%), Calcium: 59.92mg (5.99%), Iron: 0.94mg (5.22%), Vitamin D: 0.64µg (4.26%), Selenium: 2.38µg (3.4%), Folate: 10.34µg (2.58%), Fiber: 0.65g (2.58%), Vitamin B6: 0.05mg (2.35%), Vitamin B2: 0.03mg (1.89%), Vitamin B5: 0.11mg (1.13%)