



Shrimp Scampi

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



161 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons flat-leaf parsley leaves finely chopped
- ☐ 2 teaspoons garlic minced
- ☐ 1 pound shrimp shelled deveined
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 0.3 teaspoon lemon zest freshly squeezed grated
- ☐ 2 tablespoons butter unsalted
- ☐ 0.3 cup vermouth dry white

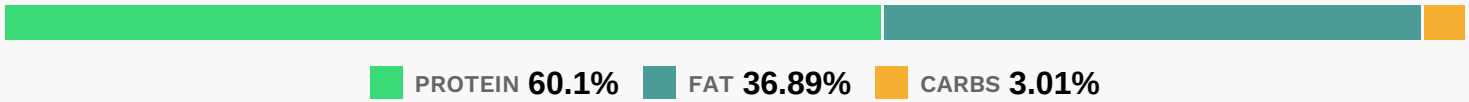
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ wooden spoon
- ☐ pie form

Directions

- ☐ Watch how to make this recipe.
- ☐ Put the shrimp on a large disposable pie pan or paper plate and pat them completely dry with a paper towel. Arrange the shrimp so they lay flat and are evenly spaced.
- ☐ Heat a large skillet over medium heat. Season the shrimp with salt and pepper.
- ☐ Add the butter to the skillet. When the foaming subsides, raise the heat to high and invert the plate of shrimp over the skillet so the shrimp fall into the pan all at once. Cook the shrimp, without moving them, for 1 minute.
- ☐ Add the garlic and cook for 1 minute. Turn the shrimp over and cook for 2 minutes more.
- ☐ Transfer the shrimp to a bowl.
- ☐ Return the skillet to the heat and pour in the vermouth and lemon juice. Boil the liquid until slightly thickened, about 30 seconds. Scrape up any browned bits from the bottom of the pan with a wooden spoon. Stir the lemon zest and parsley into the sauce.
- ☐ Pour the sauce over the shrimp, season with salt and pepper to taste and toss to combine.
- ☐ Divide the shrimp among plates or arrange on a platter and serve.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:0.15, Inflammation Score:-1, Nutrition Score:4.4243478830094%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg,

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Nutrients (% of daily need)

Calories: 161.15kcal (8.06%), Fat: 6.27g (9.64%), Saturated Fat: 3.71g (23.21%), Carbohydrates: 1.15g (0.38%), Net Carbohydrates: 1.09g (0.4%), Sugar: 0.03g (0.03%), Cholesterol: 197.62mg (65.87%), Sodium: 136.02mg (5.91%), Alcohol: 1.42g (100%), Alcohol %: 1.31% (100%), Protein: 22.97g (45.94%), Phosphorus: 246.86mg (24.69%), Copper: 0.45mg (22.52%), Zinc: 1.55mg (10.3%), Magnesium: 40.42mg (10.1%), Potassium: 308.99mg (8.83%), Calcium: 77.5mg (7.75%), Manganese: 0.08mg (3.78%), Vitamin A: 179.84IU (3.6%), Iron: 0.63mg (3.5%), Vitamin K: 1.5µg (1.43%), Vitamin E: 0.17mg (1.1%)