



Shrimp Scampi

READY IN



30 min.

SERVINGS



4

CALORIES



635 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 oz angel hair pasta
- ☐ 0.5 cup butter
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 3 garlic cloves finely chopped
- ☐ 1 teaspoon italian-herb seasoning salt-free
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.3 cup onion finely chopped
- ☐ 0.3 cup parmesan cheese freshly grated
- ☐ 1 pound shrimp raw peeled

☐ 1 teaspoon worcestershire sauce

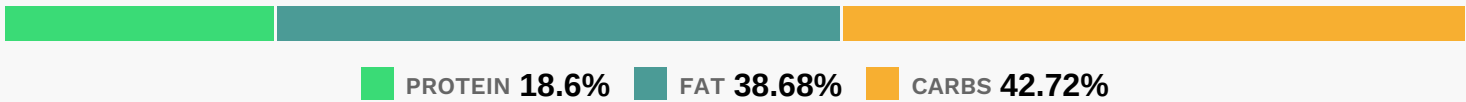
Equipment

☐ frying pan

Directions

- ☐ Devein shrimp, if desired.
- ☐ Prepare angel hair pasta according to package directions.
- ☐ Meanwhile, melt butter in a large skillet over medium-high heat; add onion and garlic, and saut 3 to 5 minutes or until tender. Stir in Italian-herb seasoning and Worcestershire sauce.
- ☐ Reduce heat to medium.
- ☐ Add shrimp, and cook, stirring occasionally, 3 to 5 minutes or just until shrimp turn pink. Stir in lemon juice. Toss shrimp mixture with pasta, and sprinkle with cheese and parsley.
- ☐ Serve immediately.
- ☐ Note: For testing purposes only, we used Mrs. Dash Italian Medley Seasoning Blend. In the Test Kitchens, we prefer Wild American Shrimp for better flavor.

Nutrition Facts



Properties

Glycemic Index:53.25, Glycemic Load:26.02, Inflammation Score:-7, Nutrition Score:20.088261000488%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg

Nutrients (% of daily need)

Calories: 635.01kcal (31.75%), Fat: 27.12g (41.72%), Saturated Fat: 15.99g (99.96%), Carbohydrates: 67.39g (22.46%), Net Carbohydrates: 64.19g (23.34%), Sugar: 3.06g (3.4%), Cholesterol: 208.14mg (69.38%), Sodium: 950.52mg (41.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.34g (58.68%), Selenium: 89.41µg (127.73%), Phosphorus: 496.48mg (49.65%), Manganese: 0.89mg (44.58%), Copper: 0.47mg (23.65%), Vitamin B12: 1.38µg (23.03%), Vitamin A: 1056.58IU (21.13%), Vitamin K: 22.12µg (21.07%), Magnesium: 77.17mg (19.29%), Vitamin B6: 0.36mg (17.88%), Vitamin B3: 3.57mg (17.84%), Calcium: 177.47mg (17.75%), Zinc: 2.57mg (17.12%), Vitamin E: 2.37mg (15.81%), Fiber: 3.2g (12.78%), Folate: 43.69µg (10.92%), Potassium: 381.68mg (10.91%), Iron: 1.79mg (9.94%), Vitamin B5: 0.82mg (8.17%), Vitamin B1: 0.12mg (7.72%), Vitamin B2: 0.11mg (6.46%), Vitamin C: 4.43mg (5.37%)