



Shrimp Scampi



Gluten Free



Popular

READY IN



15 min.

SERVINGS



4

CALORIES



222 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound shrimp raw for an attractive presentation (16–20 count) (if you want, keep the tail on)
- ☐ 2 tablespoons olive oil extra virgin
- ☐ 2 tablespoons butter
- ☐ 4 servings salt
- ☐ 3 garlic cloves minced
- ☐ 0.3 teaspoon pepper flakes red to taste (less)
- ☐ 0.5 cup white wine dry white (I recommend a wine such as a Sauvignon Blanc)
- ☐ 2 tablespoons parsley finely chopped

- ☐ 4 servings pepper black freshly ground to taste
- ☐ 1 tablespoon juice of lemon

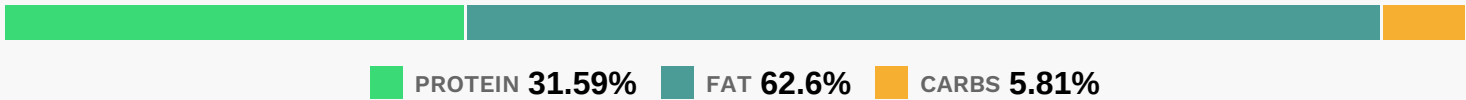
Equipment

- ☐ frying pan

Directions

- ☐ Sauté garlic, red pepper flakes, in butter and olive oil:
- ☐ Heat a sauté pan on high heat then reduce to medium high heat. Swirl the butter and olive oil into the pan. After the butter melts it will foam up a bit then subside. If using unsalted butter, sprinkle a little salt in the pan. Stir in the slivered garlic and red pepper flakes.
- ☐ Add shrimp and wine: Sauté the garlic for just a minute, until it begins to brown at the edges, then add the shrimp.
- ☐ Add the wine and stir to coat the shrimp with the sauce of butter, oil, and wine.
- ☐ Move the shrimp so they are in an even layer in the pan. Increase the heat to high and boil the wine for two to three minutes.
- ☐ Turn shrimp over to cook on the other side: Stir the shrimp and arrange them so that you turn them over to cook on the other side. Continue to cook on high heat for another minute.
- ☐ Toss with parsley, lemon juice, pepper:
- ☐ Remove the pan from the heat.
- ☐ Sprinkle the shrimp with parsley, lemon juice, and black pepper, and toss to combine.
- ☐ Serve as is, or with crusty bread, over pasta, or over rice (for gluten-free version).

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:0.24, Inflammation Score:-5, Nutrition Score:10.92130441251%

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: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 221.98kcal (11.1%), Fat: 13.88g (21.35%), Saturated Fat: 4.7g (29.41%), Carbohydrates: 2.9g (0.97%), Net Carbohydrates: 2.7g (0.98%), Sugar: 0.15g (0.16%), Cholesterol: 157.93mg (52.64%), Sodium: 884.38mg (38.45%), Alcohol: 3.1g (100%), Alcohol %: 2.37% (100%), Protein: 15.76g (31.51%), Selenium: 33.99µg (48.56%), Vitamin K: 38.18µg (36.36%), Phosphorus: 283.81mg (28.38%), Vitamin B12: 1.27µg (21.18%), Vitamin E: 2.74mg (18.26%), Vitamin A: 585.56IU (11.71%), Copper: 0.22mg (10.97%), Vitamin B6: 0.22mg (10.86%), Vitamin B3: 2.08mg (10.4%), Zinc: 1.16mg (7.75%), Calcium: 71.02mg (7.1%), Magnesium: 27.24mg (6.81%), Folate: 25.67µg (6.42%), Vitamin C: 4.81mg (5.84%), Potassium: 157.66mg (4.5%), Manganese: 0.09mg (4.48%), Vitamin B5: 0.39mg (3.88%), Iron: 0.48mg (2.65%), Vitamin B1: 0.03mg (2.04%), Vitamin B2: 0.03mg (1.51%)