



Shrimp Scampi ala Norellaura

READY IN



50 min.

SERVINGS



4

CALORIES



491 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons butter
- ☐ 0.7 cup cooking wine dry white
- ☐ 0.3 cup olive oil extra virgin
- ☐ 1 cup flour for dredging
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 3 cloves garlic minced
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.3 cup bell pepper diced red
- ☐ 1 pinch pepper flakes red

- ☐ 1 pound shrimp deveined peeled
- ☐ 1 tomatoes diced

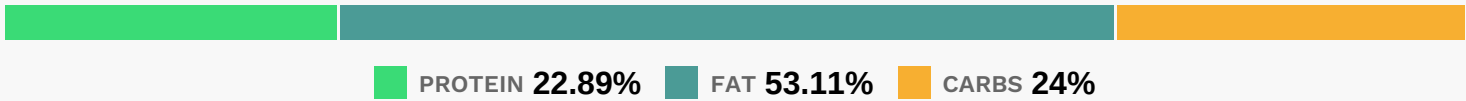
Equipment

- ☐ frying pan

Directions

- ☐ Heat the olive oil in a large skillet over medium-low heat; cook and stir the garlic, bell pepper, and red pepper flakes in the oil about 20 minutes. Dredge the shrimp in the flour to coat, then shake off the excess. Raise heat to medium-high and stir in the shrimp and tomato; cook until the shrimp is pink, 3 to 5 minutes.
- ☐ Add the lemon juice, wine, and butter; continue cooking until the sauce thickens, about 5 minutes more.
- ☐ Garnish with parsley to serve.

Nutrition Facts



Properties

Glycemic Index:68, Glycemic Load:18.06, Inflammation Score:-7, Nutrition Score:13.981304254221%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.25mg, Hesperetin: 1.25mg, Hesperetin: 1.25mg, Hesperetin: 1.25mg Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 490.73kcal (24.54%), Fat: 27.53g (42.35%), Saturated Fat: 8.06g (50.41%), Carbohydrates: 27.99g (9.33%), Net Carbohydrates: 26.47g (9.63%), Sugar: 1.9g (2.11%), Cholesterol: 205.15mg (68.38%), Sodium: 208.78mg (9.08%), Alcohol: 4.12g (100%), Alcohol %: 1.98% (100%), Protein: 26.7g (53.41%), Phosphorus: 300.64mg

(30.06%), Vitamin K: 31.17µg (29.69%), Copper: 0.52mg (25.97%), Vitamin C: 21.07mg (25.54%), Vitamin E: 3.2mg (21.32%), Manganese: 0.38mg (19.17%), Vitamin B1: 0.27mg (18.1%), Vitamin A: 902.42IU (18.05%), Folate: 69.89µg (17.47%), Selenium: 11.08µg (15.83%), Magnesium: 56.82mg (14.21%), Iron: 2.48mg (13.8%), Potassium: 479.21mg (13.69%), Zinc: 1.91mg (12.75%), Vitamin B3: 2.2mg (11.03%), Vitamin B2: 0.18mg (10.74%), Calcium: 93.27mg (9.33%), Fiber: 1.52g (6.08%), Vitamin B6: 0.12mg (5.93%), Vitamin B5: 0.25mg (2.51%)