



Shrimp Scampi Del Rey

READY IN



60 min.

SERVINGS



4

CALORIES



624 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 16 ounce canned tomatoes crushed canned
- ☐ 0.5 teaspoon capers
- ☐ 3 tablespoons ghee with if clarifying your own
- ☐ 0.3 teaspoon crab boil seasoning recommended: Old Bay
- ☐ 0.5 cup all-purposes flour
- ☐ 5 tablespoons basil leaves fresh divided chopped
- ☐ 4 cloves garlic chopped
- ☐ 0.3 teaspoon ground pepper black

- ☐ 0.5 cup heavy cream
- ☐ 1 small jalapeño thinly sliced
- ☐ 1 optional: lemon fresh cut in 1/2
- ☐ 1 bell pepper red chopped
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 1 pound shrimp cleaned 25 pieces
- ☐ 2.5 cups water
- ☐ 0.3 pound mushrooms white cleaned sliced
- ☐ 1 cup rice white
- ☐ 0.3 cup white wine

Equipment

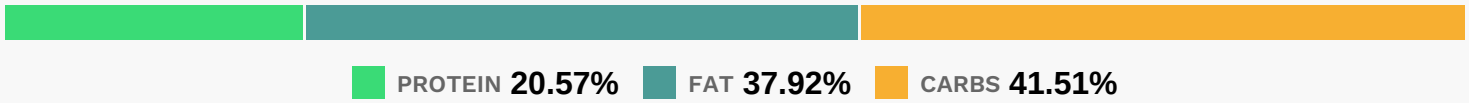
- ☐ frying pan

Directions

- ☐ Season flour with black pepper and crab boil seasoning and dredge shrimp in flour mixture.
- ☐ Heat clarified butter over medium-high heat and add shrimp and garlic. When shrimp begins to turn pink, douse with white wine to de-glaze pan and squeeze just 1/2 of the lemon over the shrimp (reserving the other half for later), then transfer shrimp to a utility platter, cover and set aside in a warm place.
- ☐ Reduce heat to medium and to the liquids in the pan, add just 3 tablespoons of the fresh basil (reserving balance for garnish), capers, red bell pepper, jalapeno, and white mushrooms and cook for about 5 to 8 minutes to integrate flavors. Then, add the can of tomatoes in puree and allow to cook, partially covered, for about 25 minutes to reduce and thicken, seasoning with salt and pepper, to taste, as needed.
- ☐ While the sauce is reducing, bring 2 1/2 cups water to boil.
- ☐ Add the rice along with 1 teaspoon salt and 1 tablespoon butter. Return to a boil, reduce heat to low, cover and simmer for 20 minutes leaving undisturbed. Then remove from heat and leave rice covered for an additional 5 minutes.
- ☐ Remove sauce from heat and stir in cream. Reserve 4 pieces of shrimp for garnish and stir rest of shrimp into sauce.

- ☐
- Place rice in center of serving dish. Spoon sauce with shrimp onto rice, and garnish with 4 reserved pieces of shrimp. Squeeze remaining 1/2 of lemon over shrimp.
- ☐
- Garnish with reserved freshly chopped basil and serve.

Nutrition Facts



Properties

Glycemic Index:131.17, Glycemic Load:34.66, Inflammation Score:-9, Nutrition Score:25.193478371786%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.59mg, Hesperetin: 7.59mg, Hesperetin: 7.59mg, Hesperetin: 7.59mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

Nutrients (% of daily need)

Calories: 624.33kcal (31.22%), Fat: 26.45g (40.7%), Saturated Fat: 15.93g (99.56%), Carbohydrates: 65.16g (21.72%), Net Carbohydrates: 60.04g (21.83%), Sugar: 8.78g (9.75%), Cholesterol: 252.51mg (84.17%), Sodium: 337.02mg (14.65%), Alcohol: 1.54g (100%), Alcohol %: 0.33% (100%), Protein: 32.29g (64.58%), Vitamin C: 69.16mg (83.83%), Manganese: 1.05mg (52.35%), Copper: 0.93mg (46.65%), Phosphorus: 413.75mg (41.37%), Vitamin A: 1880.75IU (37.61%), Potassium: 963.5mg (27.53%), Selenium: 17.15µg (24.5%), Magnesium: 94.4mg (23.6%), Vitamin B6: 0.47mg (23.33%), Vitamin B3: 4.52mg (22.61%), Vitamin B2: 0.37mg (21.85%), Iron: 3.87mg (21.5%), Fiber: 5.12g (20.49%), Vitamin B1: 0.31mg (20.38%), Vitamin K: 21.33µg (20.31%), Zinc: 2.85mg (19.01%), Folate: 72.96µg (18.24%), Calcium: 175.25mg (17.53%), Vitamin E: 2.5mg (16.67%), Vitamin B5: 1.55mg (15.46%), Vitamin D: 0.53µg (3.55%), Vitamin B12: 0.06µg (1.08%)