



Shrimp Scampi Dip



Gluten Free



Popular

READY IN



30 min.

SERVINGS



4

CALORIES



358 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 0.3 cup cooking wine dry white
- ☐ 4 cloves garlic chopped
- ☐ 0.3 cup juice of lemon (- 1 lemon)
- ☐ 4 ounces cream cheese light room temperature
- ☐ 0.3 cup mayonnaise
- ☐ 0.3 cup parmigiano reggiano grated (parmesan)
- ☐ 2 tablespoons parsley chopped

- ☐ 0.5 teaspoon pepper flakes red
- ☐ 0.5 cup mozzarella cheese shredded
- ☐ 0.5 pound shrimp shelled deveined coarsely chopped
- ☐ 0.3 cup cup heavy whipping cream light sour (or Greek yogurt)

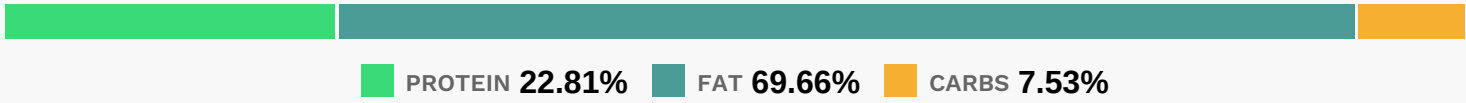
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat the butter in a pan over medium heat and add the shrimp and cook until it just turns pink.
- ☐ Add the garlic and red pepper flakes, cook until fragrant, about a minute, and set the shrimp aside.
- ☐ Add the wine and lemon juice and simmer to reduce by half.
- ☐ Mix the shrimp, pan sauce, cream cheese, mayonnaise, sour cream, parsley, mozzarella and parmesan and pour it into a 2+ cup baking pan.
- ☐ Bake in a preheated 350F oven until golden brown on top and bubbling on the sides, about 15–20 minutes.

Nutrition Facts



Properties

Glycemic Index:57.75, Glycemic Load:0.54, Inflammation Score:-6, Nutrition Score:10.492608658645%

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: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.27mg, Hesperetin: 2.27mg, Hesperetin: 2.27mg, Hesperetin: 2.27mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg

0.27mg, Naringenin: 0.27mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 358.17kcal (17.91%), Fat: 27.15g (41.76%), Saturated Fat: 11.71g (73.16%), Carbohydrates: 6.6g (2.2%), Net Carbohydrates: 6.34g (2.31%), Sugar: 2.55g (2.84%), Cholesterol: 147.87mg (49.29%), Sodium: 509.63mg (22.16%), Alcohol: 1.54g (100%), Alcohol %: 1.11% (100%), Protein: 20g (40.01%), Vitamin K: 57.3µg (54.57%), Phosphorus: 282.61mg (28.26%), Calcium: 257.29mg (25.73%), Vitamin A: 774.91IU (15.5%), Copper: 0.26mg (12.84%), Vitamin B12: 0.74µg (12.4%), Vitamin C: 9.63mg (11.67%), Zinc: 1.69mg (11.29%), Potassium: 325.4mg (9.3%), Selenium: 6.27µg (8.95%), Vitamin B2: 0.15mg (8.66%), Magnesium: 33.92mg (8.48%), Vitamin E: 0.92mg (6.11%), Manganese: 0.11mg (5.26%), Vitamin B6: 0.09mg (4.33%), Iron: 0.77mg (4.26%), Folate: 15.7µg (3.92%), Vitamin B5: 0.37mg (3.74%), Vitamin B1: 0.04mg (2.55%), Vitamin D: 0.23µg (1.53%), Fiber: 0.26g (1.05%)