

Shrimp Scampi II

READY IN



35 min.

SERVINGS



4

CALORIES



695 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup butter diced
- 0.5 cup chicken broth
- 1.5 cups cooking wine dry white
- 1 cup flour all-purpose
- 2 tablespoons parsley fresh chopped
- 5 cloves garlic minced
- 5 tablespoons juice of lemon fresh
- 1 cup olive oil
- 4 servings salt and pepper to taste

- 2 pounds shrimp deveined peeled
- 1 tablespoon worcestershire sauce

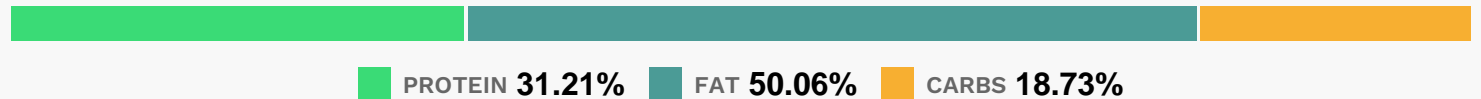
Equipment

- frying pan
- paper towels

Directions

- In a deep skillet, heat the olive oil over medium-high heat. Lightly coat the shrimp in flour. In batches, saute shrimp in oil until golden brown; each batch should take approximately 2 minutes.
- Drain on paper towels.
- Discard oil and add the wine, Worcestershire sauce, garlic, lemon juice, and chicken broth to the skillet. Cook over high heat until liquid has reduced by half (approximately 5 minutes). Stir in butter and season with salt and pepper to taste. Lower heat to medium, add shrimp cook for 1 minute (until shrimp are heated).
- Sprinkle with parsley before serving.

Nutrition Facts



Properties

Glycemic Index:50.5, Glycemic Load:17.98, Inflammation Score:-7, Nutrition Score:17.828260717185%

Flavonoids

Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Eriodictyol: 0.92mg, Eriodictyol: 0.92mg, Eriodictyol: 0.92mg, Eriodictyol: 0.92mg Hesperetin: 3.07mg, Hesperetin: 3.07mg, Hesperetin: 3.07mg, Hesperetin: 3.07mg Naringenin: 0.6mg, Naringenin: 0.6mg, Naringenin: 0.6mg, Naringenin: 0.6mg Apigenin: 4.36mg, Apigenin: 4.36mg, Apigenin: 4.36mg, Apigenin: 4.36mg 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: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 694.72kcal (34.74%), Fat: 35.42g (54.49%), Saturated Fat: 16.37g (102.31%), Carbohydrates: 29.81g (9.94%), Net Carbohydrates: 28.77g (10.46%), Sugar: 2.04g (2.27%), Cholesterol: 426.74mg (142.25%), Sodium: 817.65mg (35.55%), Alcohol: 9.27g (100%), Alcohol %: 2.4% (100%), Protein: 49.67g (99.34%), Phosphorus: 554.23mg (55.42%), Copper: 0.97mg (48.28%), Vitamin K: 41.85µg (39.86%), Magnesium: 99.73mg (24.93%), Manganese: 0.48mg (23.77%), Zinc: 3.49mg (23.3%), Potassium: 787.75mg (22.51%), Iron: 3.39mg (18.83%), Vitamin B1: 0.27mg (18.27%), Calcium: 181.37mg (18.14%), Vitamin A: 882.98IU (17.66%), Selenium: 11.66µg (16.66%), Folate: 66.18µg (16.55%), Vitamin E: 2.29mg (15.29%), Vitamin C: 11.64mg (14.11%), Vitamin B2: 0.21mg (12.31%), Vitamin B3: 2.12mg (10.59%), Vitamin B6: 0.12mg (5.83%), Fiber: 1.04g (4.18%), Vitamin B5: 0.27mg (2.66%)