

Shrimp Scampi III

READY IN



25 min.

SERVINGS



4

CALORIES



673 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounce angel hair pasta
- ☐ 0.5 cup butter
- ☐ 0.8 cup bread crumbs dry
- ☐ 2 cloves garlic sliced
- ☐ 3 tablespoons parmesan cheese grated
- ☐ 1.5 pounds shrimp deveined peeled
- ☐ 0.3 cup white wine

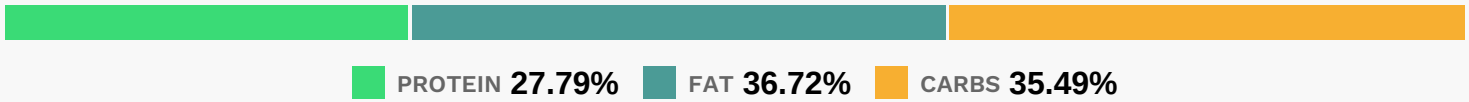
Equipment

- ☐ sauce pan
- ☐ pot

Directions

- ☐ Bring a large pot of salted water to a boil.
- ☐ Add angel hair pasta and return pot to boil. Cook until al dente.
- ☐ Drain well.
- ☐ In a large saucepan, melt butter, saute garlic until tender, remove garlic and discard.
- ☐ Add shrimp and cook until colored pink. Stir in white wine. The bread crumbs are used as thickening, so stir in a little at a time until desired thickness is reached.
- ☐ Serve shrimp over angel hair pasta, sprinkled with Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:34.25, Glycemic Load:17.25, Inflammation Score:-6, Nutrition Score:17.301304203013%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 672.79kcal (33.64%), Fat: 26.87g (41.33%), Saturated Fat: 15.74g (98.37%), Carbohydrates: 58.41g (19.47%), Net Carbohydrates: 55.65g (20.24%), Sugar: 3g (3.33%), Cholesterol: 338.13mg (112.71%), Sodium: 603.38mg (26.23%), Alcohol: 2.06g (100%), Alcohol %: 0.87% (100%), Protein: 45.75g (91.49%), Selenium: 42.77µg (61.09%), Phosphorus: 541.06mg (54.11%), Copper: 0.89mg (44.37%), Manganese: 0.81mg (40.69%), Magnesium: 102.55mg (25.64%), Zinc: 3.6mg (24.01%), Calcium: 202.3mg (20.23%), Potassium: 649.11mg (18.55%), Vitamin B1: 0.25mg (16.89%), Iron: 2.7mg (15.01%), Vitamin A: 741.66IU (14.83%), Vitamin B3: 2.35mg (11.77%), Fiber: 2.76g (11.03%), Vitamin B2: 0.14mg (8.4%), Folate: 33.19µg (8.3%), Vitamin B6: 0.14mg (6.88%), Vitamin E: 0.76mg (5.05%), Vitamin B5: 0.42mg (4.17%), Vitamin K: 3.55µg (3.38%), Vitamin B12: 0.17µg (2.83%)