



Shrimp Scampi Linguine

READY IN



23 min.

SERVINGS



4

CALORIES



560 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 tablespoons olive oil extra virgin divided
- ☐ 0.3 cup parsley fresh coarsely chopped
- ☐ 6 garlic cloves minced
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 teaspoons lemon zest
- ☐ 8 ounces pasta
- ☐ 0.3 teaspoon pepper dried red crushed
- ☐ 0.8 teaspoon salt
- ☐ 1 pound shrimp deveined peeled

☐ 6 tablespoons butter unsalted

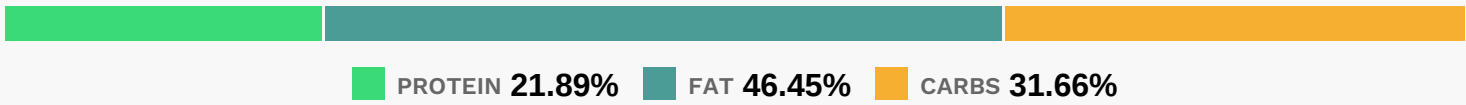
Equipment

☐ frying pan

Directions

- ☐ Cook pasta in boiling salted water according to package directions; drain.
- ☐ Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat.
- ☐ Add half of shrimp, and cook 1 minute on each side or until opaque.
- ☐ Transfer shrimp to a plate, cover, and keep warm. Repeat with 1 tablespoon oil and remaining shrimp.
- ☐ Melt butter over medium heat in same skillet.
- ☐ Add remaining 1 tablespoon oil, garlic, and red pepper; saut 3 minutes or until garlic starts to brown. Stir in cooked shrimp, parsley, lemon zest and juice, and salt; cook 1 minute.
- ☐ Add pasta, and cook 1 minute or until hot, tossing constantly.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:17.47, Inflammation Score:-6, Nutrition Score:16.074347770732%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 559.83kcal (27.99%), Fat: 29.05g (44.69%), Saturated Fat: 12.52g (78.26%), Carbohydrates: 44.56g (14.85%), Net Carbohydrates: 42.36g (15.41%), Sugar: 1.75g (1.94%), Cholesterol: 227.72mg (75.91%), Sodium:

581.91mg (25.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.81g (61.62%), Vitamin K: 69.56µg (66.24%), Selenium: 36.72µg (52.46%), Phosphorus: 364.73mg (36.47%), Manganese: 0.64mg (32.16%), Copper: 0.63mg (31.64%), Magnesium: 73.73mg (18.43%), Vitamin A: 878.88IU (17.58%), Zinc: 2.44mg (16.27%), Vitamin E: 2.15mg (14.33%), Potassium: 477.76mg (13.65%), Vitamin C: 9.13mg (11.07%), Calcium: 105.19mg (10.52%), Iron: 1.74mg (9.64%), Fiber: 2.19g (8.77%), Vitamin B6: 0.15mg (7.32%), Vitamin B3: 1.08mg (5.38%), Vitamin B1: 0.07mg (4.41%), Folate: 17.59µg (4.4%), Vitamin B5: 0.32mg (3.19%), Vitamin B2: 0.05mg (3.08%), Vitamin D: 0.31µg (2.1%)