



Shrimp Scampi on Couscous

 Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



416 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 14.5 ounce canned tomatoes diced undrained canned
- 1 tablespoon capers
- 0.7 cup couscous uncooked
- 0.3 cup less-sodium chicken broth dry white fat-free
- 0.3 cup basil fresh chopped
- 0.3 cup flat-leaf parsley fresh chopped
- 4 garlic cloves minced

- 0.3 cup kalamata olives pitted coarsely chopped
- 1 tablespoon juice of lemon fresh
- 0.5 teaspoon lemon rind fresh grated
- 2 teaspoons olive oil
- 0.8 cup onion chopped
- 0.3 teaspoon salt
- 1.3 pounds shrimp deveined peeled
- 1 cup water

Equipment

- frying pan
- sauce pan
- plastic wrap
- microwave

Directions

- Bring 1 cup water to a boil in a medium saucepan; stir in couscous.
- Remove from heat; cover and let stand 5 minutes or until water is absorbed. Fluff with a fork; keep warm.
- While water boils and couscous stands, heat oil in a large nonstick skillet over medium-high heat.
- Add onion and garlic; saut 3 minutes or until tender.
- Add shrimp; saut 2 minutes or until just done.
- Add tomatoes and next 7 ingredients. Bring to a boil; reduce heat, and simmer, uncovered, 2 minutes.
- Remove from heat; stir in parsley and basil.
- Serve over couscous.
- Note: To prepare couscous in the microwave, add 1 cup water to a 2- or 4-cup glass measure. Microwave at HIGH 1 to 2 minutes or until boiling; stir in couscous. Cover with plastic wrap, and let stand 5 minutes or until water is absorbed. Fluff with a fork.

Nutrition Facts

PROTEIN 43.53% FAT 13.03% CARBS 43.44%

Properties

Glycemic Index:98, Glycemic Load:22.19, Inflammation Score:-8, Nutrition Score:23.793912861658%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 3.85mg, Kaempferol: 3.85mg, Kaempferol: 3.85mg, Kaempferol: 3.85mg Myricetin: 0.82mg, Myricetin: 0.82mg, Myricetin: 0.82mg, Myricetin: 0.82mg Quercetin: 12.82mg, Quercetin: 12.82mg, Quercetin: 12.82mg, Quercetin: 12.82mg

Nutrients (% of daily need)

Calories: 416.2kcal (20.81%), Fat: 6.17g (9.49%), Saturated Fat: 0.93g (5.78%), Carbohydrates: 46.28g (15.43%), Net Carbohydrates: 40.24g (14.63%), Sugar: 8.05g (8.95%), Cholesterol: 304.28mg (101.43%), Sodium: 939.38mg (40.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.37g (92.74%), Vitamin K: 100.48µg (95.7%), Copper: 1.17mg (58.53%), Phosphorus: 538.9mg (53.89%), Manganese: 0.79mg (39.45%), Vitamin C: 26.3mg (31.88%), Potassium: 1091.72mg (31.19%), Magnesium: 122.98mg (30.75%), Fiber: 6.04g (24.14%), Zinc: 3.44mg (22.91%), Calcium: 215.32mg (21.53%), Iron: 3.87mg (21.5%), Vitamin B6: 0.36mg (18.16%), Vitamin E: 2.62mg (17.49%), Vitamin A: 871.73IU (17.43%), Vitamin B3: 3.33mg (16.66%), Vitamin B1: 0.2mg (13.5%), Folate: 44.39µg (11.1%), Vitamin B5: 0.99mg (9.92%), Vitamin B2: 0.13mg (7.8%), Selenium: 2.17µg (3.1%)