



## Shrimp Scampi Pasta

 Popular

READY IN



20 min.

SERVINGS



4

CALORIES



674 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.8 lb angel hair pasta
- 0.5 teaspoon pepper black
- 0.5 cup wine dry white
- 0.5 cup parsley fresh chopped
- 4 large garlic clove unpeeled
- 0.3 cup olive oil
- 1 lb shrimp raw deveined peeled per lb)
- 0.5 teaspoon pepper dried hot

- 1 teaspoon salt
- 5 tablespoons butter unsalted

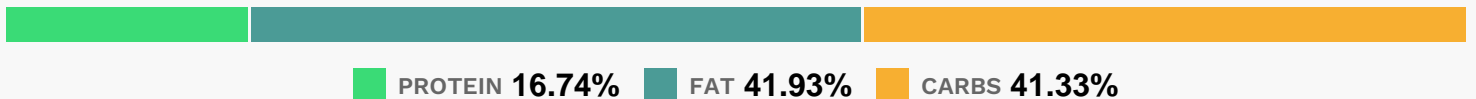
## Equipment

- bowl
- frying pan
- pot
- slotted spoon
- colander

## Directions

- Bring a 6- to 8-quart pot of salted water to a boil.
- Meanwhile, heat oil in a 12-inch heavy skillet over moderately high heat until hot but not smoking, then sauté shrimp, turning over once, until just cooked through, about 2 minutes, and transfer with a slotted spoon to a large bowl.
- Add garlic to oil remaining in skillet along with red pepper flakes, wine, salt, and pepper and cook over high heat, stirring occasionally, 1 minute.
- Add butter to skillet, stirring until melted, and stir in shrimp.
- Remove skillet from heat.
- Cook pasta in boiling water until just tender, about 3 minutes. Reserve 1 cup pasta-cooking water, then drain pasta in a colander. Toss pasta well with shrimp mixture and parsley in large bowl, adding some of reserved cooking water if necessary to keep moist.

## Nutrition Facts



## Properties

Glycemic Index:37.75, Glycemic Load:26.03, Inflammation Score:-8, Nutrition Score:24.410869339238%

## Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 1.16mg, Myricetin: 1.16mg, Myricetin: 1.16mg, Myricetin: 1.16mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

## Nutrients (% of daily need)

Calories: 673.96kcal (33.7%), Fat: 30.24g (46.53%), Saturated Fat: 11.24g (70.25%), Carbohydrates: 67.08g (22.36%), Net Carbohydrates: 63.9g (23.24%), Sugar: 2.68g (2.98%), Cholesterol: 180.51mg (60.17%), Sodium: 1240.86mg (53.95%), Alcohol: 3.09g (100%), Alcohol %: 1.44% (100%), Protein: 27.17g (54.33%), Vitamin K: 133.62µg (127.26%), Selenium: 88.02µg (125.74%), Manganese: 0.95mg (47.42%), Phosphorus: 457.12mg (45.71%), Vitamin E: 4.1mg (27.31%), Vitamin A: 1349IU (26.98%), Copper: 0.48mg (24.13%), Vitamin B12: 1.29µg (21.47%), Magnesium: 78.69mg (19.67%), Vitamin B6: 0.37mg (18.44%), Vitamin B3: 3.65mg (18.26%), Zinc: 2.48mg (16.54%), Vitamin C: 10.91mg (13.23%), Fiber: 3.18g (12.73%), Folate: 49.28µg (12.32%), Iron: 2.09mg (11.62%), Potassium: 405.33mg (11.58%), Calcium: 104.2mg (10.42%), Vitamin B5: 0.8mg (8.04%), Vitamin B1: 0.11mg (7.66%), Vitamin B2: 0.09mg (5.41%), Vitamin D: 0.38µg (2.51%)