



Shrimp Scampi V

READY IN



25 min.

SERVINGS



4

CALORIES



643 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 ounce angel hair pasta
- 0.5 cup butter
- 1 cup cooking wine dry white
- 1 tablespoon parsley fresh chopped
- 4 cloves garlic minced
- 0.3 teaspoon ground pepper black
- 0.8 cup parmesan cheese grated
- 1 pound shrimp deveined peeled

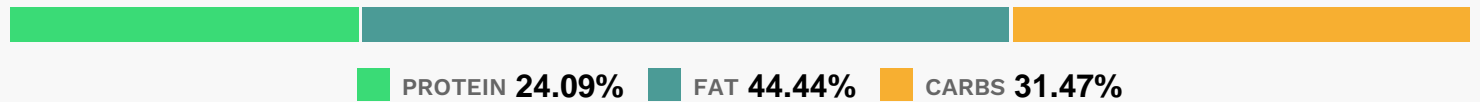
Equipment

- bowl
- sauce pan
- pot

Directions

- Bring a large pot of salted water to a boil. Stir in pasta and return pot to boil. Cook until al dente.
- Drain well.
- Melt butter in a large saucepan over medium heat. Stir in garlic and shrimp. Cook, stirring constantly, for 3 to 5 minutes.
- Stir in wine and pepper. Bring to a boil and cook for 30 seconds while stirring constantly.
- Mix shrimp with drained pasta in a serving bowl.
- Sprinkle with cheese and parsley.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:50.25, Glycemic Load:17.57, Inflammation Score:-7, Nutrition Score:15.841304234836%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 643.47kcal (32.17%), Fat: 29.72g (45.73%), Saturated Fat: 17.77g (111.05%), Carbohydrates: 47.38g (15.79%), Net Carbohydrates: 45.43g (16.52%), Sugar: 2.16g (2.4%), Cholesterol: 259.89mg (86.63%), Sodium: 653.02mg (28.39%), Alcohol: 6.18g (100%), Alcohol %: 2.78% (100%), Protein: 36.25g (72.51%), Selenium: 43.17µg (61.68%), Phosphorus: 491.69mg (49.17%), Manganese: 0.71mg (35.56%), Copper: 0.63mg (31.46%), Calcium: 269.81mg (26.98%), Zinc: 3.28mg (21.84%), Magnesium: 84.33mg (21.08%), Vitamin A: 956.47IU (19.13%), Vitamin K: 19.26µg (18.34%), Potassium: 528.95mg (15.11%), Iron: 1.7mg (9.47%), Vitamin B6: 0.17mg (8.25%), Fiber: 1.94g (7.77%), Vitamin B2: 0.12mg (7.17%), Vitamin E: 0.83mg (5.52%), Vitamin B3: 1.09mg (5.45%), Vitamin B12: 0.3µg (5.02%), Vitamin B1: 0.07mg (4.5%), Vitamin B5: 0.39mg (3.87%), Folate: 14.41µg (3.6%), Vitamin C: 2.27mg (2.75%)