



## Shrimp Scampi with Garlic Toasts

READY IN



25 min.

SERVINGS



4

CALORIES



319 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.8 cup chicken broth dry white low-sodium
- 8.5 inch thick crusty bread
- 0.3 cup chives fresh chopped
- 0.3 cup parsley fresh chopped
- 5 cloves garlic chopped
- 0.5 juice of lemon grated for serving
- 4 servings kosher salt
- 3 tablespoons olive oil extra-virgin
- 1 pinch pepper flakes red

- 1.3 pounds shrimp deveined peeled
- 3 tablespoons butter unsalted

## Equipment

- bowl
- frying pan
- baking sheet
- whisk
- broiler
- slotted spoon

## Directions

- Preheat the broiler.
- Heat the olive oil and 2 tablespoons butter in a large ovenproof skillet over medium heat.
- Add the garlic, 1/2 teaspoon salt and the red pepper flakes and cook 1 to 2 minutes; remove from the heat.
- Brush both sides of the bread with some of the garlic mixture and arrange on a baking sheet. Broil the bread until toasted, about 1 minute per side. Divide the bread among 4 bowls.
- Place the skillet with the remaining garlic mixture over high heat.
- Add the shrimp and toss to coat, then stir in the wine and lemon zest and juice.
- Transfer to the broiler and cook until the shrimp are pink, about 3 minutes.
- Transfer the shrimp with a slotted spoon to the bowls.
- Return the skillet to high heat and boil the cooking liquid until slightly thickened, 1 to 2 minutes. Stir in the parsley and chives.
- Whisk in the remaining 1 tablespoon butter and simmer 1 to 2 more minutes; pour over the shrimp.
- Serve with lemon wedges.
- Photograph by Antonis Achilleos

## Nutrition Facts



■ PROTEIN 37.58% ■ FAT 55.95% ■ CARBS 6.47%

## Properties

Glycemic Index:53.25, Glycemic Load:2.62, Inflammation Score:-6, Nutrition Score:12.880434798158%

## Flavonoids

Eriodictyol: 0.48mg, Eriodictyol: 0.48mg, Eriodictyol: 0.48mg, Eriodictyol: 0.48mg Hesperetin: 0.63mg, Hesperetin: 0.63mg, Hesperetin: 0.63mg, Hesperetin: 0.63mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.81mg, Myricetin: 0.81mg, Myricetin: 0.81mg, Myricetin: 0.81mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

## Nutrients (% of daily need)

Calories: 319.46kcal (15.97%), Fat: 20.23g (31.12%), Saturated Fat: 7.11g (44.44%), Carbohydrates: 5.26g (1.75%), Net Carbohydrates: 4.75g (1.73%), Sugar: 0.51g (0.57%), Cholesterol: 250.79mg (83.6%), Sodium: 413.6mg (17.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.57g (61.15%), Vitamin K: 96.28µg (91.7%), Phosphorus: 335.81mg (33.58%), Copper: 0.61mg (30.59%), Vitamin A: 836.94IU (16.74%), Magnesium: 57.05mg (14.26%), Zinc: 2.13mg (14.19%), Potassium: 477.45mg (13.64%), Vitamin C: 10.95mg (13.27%), Vitamin E: 1.83mg (12.18%), Calcium: 115.46mg (11.55%), Iron: 1.55mg (8.6%), Manganese: 0.16mg (8.01%), Vitamin B3: 0.99mg (4.95%), Folate: 18.42µg (4.61%), Vitamin B1: 0.05mg (3.61%), Vitamin B6: 0.07mg (3.42%), Selenium: 2.23µg (3.19%), Vitamin B2: 0.05mg (3.14%), Fiber: 0.52g (2.07%), Vitamin D: 0.16µg (1.05%), Vitamin B12: 0.06µg (1.03%)