



Shrimp Scampi with Green Onions and Orzo

READY IN



15 min.

SERVINGS



4

CALORIES



385 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 tablespoons butter divided ()
- ☐ 0.3 cup wine dry white
- ☐ 2 garlic clove peeled
- ☐ 4 spring onion thinly sliced
- ☐ 2 tablespoons olive oil
- ☐ 0.8 cup orzo pasta (rice-shaped)
- ☐ 1 pound shrimp deveined uncooked peeled

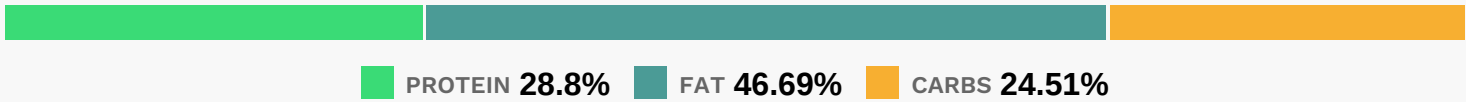
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ garlic press

Directions

- ☐ Cook orzo in large saucepan of boiling salted water until tender but still firm to bite, stirring occasionally.
- ☐ Meanwhile, melt 2 tablespoons butter with oil in heavy large skillet over medium-high heat. Using garlic press, squeeze in garlic; stir 10 seconds.
- ☐ Add shrimp and sauté 2 minutes.
- ☐ Add green onions and toss until shrimp are just opaque in center, about 1 minute longer.
- ☐ Add wine and toss until wine boils, about 1 minute.
- ☐ Mix in remaining 2 tablespoons butter and season to taste with salt and pepper.
- ☐ Drain pasta; transfer to large bowl. Top with shrimp and onion-garlic butter.

Nutrition Facts



Properties

Glycemic Index: 42.25, Glycemic Load: 8.85, Inflammation Score: -4, Nutrition Score: 10.06608697772%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg

Nutrients (% of daily need)

Calories: 385.47kcal (19.27%), Fat: 19.39g (29.83%), Saturated Fat: 8.36g (52.25%), Carbohydrates: 22.91g (7.64%), Net Carbohydrates: 21.66g (7.88%), Sugar: 1.25g (1.38%), Cholesterol: 212.67mg (70.89%), Sodium: 229.97mg (10%),

Alcohol: 2.06g (100%), Alcohol %: 1.33% (100%), Protein: 26.91g (53.82%), Phosphorus: 309.52mg (30.95%), Vitamin K: 30.17µg (28.73%), Copper: 0.54mg (27%), Selenium: 18.22µg (26.03%), Manganese: 0.36mg (18.15%), Magnesium: 59.65mg (14.91%), Zinc: 2.02mg (13.45%), Potassium: 418.85mg (11.97%), Vitamin E: 1.43mg (9.54%), Calcium: 95.07mg (9.51%), Vitamin A: 469.64IU (9.39%), Iron: 1.25mg (6.97%), Fiber: 1.24g (4.97%), Vitamin B6: 0.08mg (3.81%), Folate: 13.41µg (3.35%), Vitamin C: 2.72mg (3.3%), Vitamin B3: 0.58mg (2.9%), Vitamin B1: 0.04mg (2.44%), Vitamin B2: 0.04mg (2.11%), Vitamin B5: 0.16mg (1.64%)