



Shrimp Scampi with Linguini

READY IN



30 min.

SERVINGS



6

CALORIES



484 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 tablespoons butter
- 0.5 cup cooking wine dry white
- 4 tablespoons olive oil extra virgin plus more for drizzling
- 5 cloves garlic sliced
- 1 juice of lemon juiced
- 6 servings kosher salt and pepper black freshly ground
- 1 pound linguini
- 0.3 cup parsley leaves finely chopped
- 1 pinch pepper flakes red

- 1 large shallots diced finely
- 20 large shrimp deveined peeled

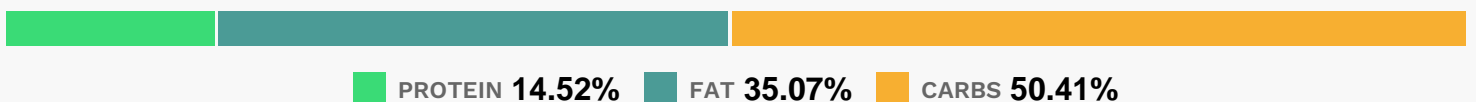
Equipment

- frying pan
- pot
- stove

Directions

- Watch how to make this recipe.
- For the pasta, put a large pot of water on the stove to boil. When it has come to the boil, add a couple of tablespoons of salt and the linguini. Stir to make sure the pasta separates; cover. When the water returns to a boil, cook for about 6 to 8 minutes or until the pasta is not quite done.
- Drain the pasta reserving 1 cup of water.
- Meanwhile, in a large skillet, melt 2 tablespoons butter in 2 tablespoons olive oil over medium-high heat.
- Saute the shallots, garlic, and red pepper flakes (if using) until the shallots are translucent, about 3 to 4 minutes. Season the shrimp with salt and pepper; add them to the pan and cook until they have turned pink, about 2 to 3 minutes.
- Remove the shrimp from the pan; set aside and keep warm.
- Add wine and lemon juice and bring to a boil.
- Add 2 tablespoons butter and 2 tablespoons oil. When the butter has melted, return the shrimp to the pan along with the parsley and cooked pasta and reserved pasta water. Stir well and season with salt and pepper.
- Drizzle over a bit more olive oil and serve immediately.

Nutrition Facts



Properties

Glycemic Index:38.5, Glycemic Load:23.21, Inflammation Score:-6, Nutrition Score:13.723912881768%

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 Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.8mg, Hesperetin: 0.8mg, Hesperetin: 0.8mg, Hesperetin: 0.8mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 483.65kcal (24.18%), Fat: 18.27g (28.11%), Saturated Fat: 6.34g (39.62%), Carbohydrates: 59.08g (19.69%), Net Carbohydrates: 56.34g (20.49%), Sugar: 2.72g (3.02%), Cholesterol: 73.73mg (24.58%), Sodium: 108.07mg (4.7%), Alcohol: 2.06g (100%), Alcohol %: 1.61% (100%), Protein: 17.02g (34.04%), Selenium: 48.31µg (69.02%), Vitamin K: 47.68µg (45.41%), Manganese: 0.8mg (39.96%), Phosphorus: 228.44mg (22.84%), Copper: 0.37mg (18.34%), Magnesium: 57.17mg (14.29%), Vitamin E: 1.68mg (11.21%), Fiber: 2.73g (10.93%), Zinc: 1.62mg (10.81%), Potassium: 317.71mg (9.08%), Vitamin A: 450.02IU (9%), Iron: 1.53mg (8.49%), Vitamin B6: 0.17mg (8.41%), Vitamin C: 6.37mg (7.73%), Vitamin B3: 1.38mg (6.88%), Vitamin B1: 0.08mg (5.37%), Calcium: 51.66mg (5.17%), Folate: 20.4µg (5.1%), Vitamin B5: 0.39mg (3.9%), Vitamin B2: 0.06mg (3.45%)