



Shrimp Scampi with Quick Preserved Lemon and Fennel on Polenta

 Gluten Free

READY IN



70 min.

SERVINGS



4

CALORIES



490 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 ounce bottled clam juice
- ☐ 4 servings kosher salt
- ☐ 1 cup fennel bulb fresh finely chopped
- ☐ 0.5 cup cup heavy whipping cream
- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 0.8 teaspoon hot sauce hot
- ☐ 0.3 cup pernod

- ☐ 0.5 cup plum tomatoes finely chopped
- ☐ 1.5 cups cornmeal (coarse cornmeal)
- ☐ 0.3 cup shallots minced
- ☐ 12 extra large shrimp deveined uncooked peeled per pound), , , butterflied, flattened
- ☐ 2.3 cups water ()

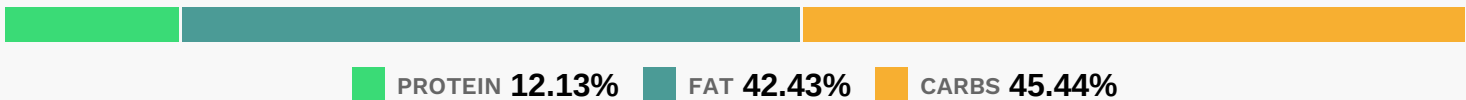
Equipment

- ☐ frying pan

Directions

- ☐ Bring clam juice, 2 1/4 cups water, and cream to boil in heavy large saucepan over medium-high heat. Gradually whisk in polenta. Reduce heat to medium-low. Simmer polenta until thick and tender, stirring constantly, 15 to 20 minutes.
- ☐ Add hot pepper sauce; season with salt and freshly ground pepper. Cover to keep warm (if polenta becomes firm, add 1/3 cup water and stir over low heat to loosen and rewarm).
- ☐ Heat oil in large skillet over medium-high heat.
- ☐ Sprinkle shrimp on 1 side with coarse salt and pepper.
- ☐ Add to skillet; sear 1 minute per side.
- ☐ Transfer shrimp to plate.
- ☐ Add fennel, tomatoes, shallots, preserved lemon, and garlic. Sauté until fennel is tender, about 4 minutes.
- ☐ Add Pernod; boil 1 minute.
- ☐ Add cream; boil 1 minute. Return shrimp to skillet. Toss until just opaque in center, about 1 minute.
- ☐ Spoon polenta onto plates. Top with shrimp and sauce.

Nutrition Facts



Properties

Glycemic Index:45.38, Glycemic Load:27.45, Inflammation Score:-7, Nutrition Score:13.658260941505%

Flavonoids

Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg 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: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 490.09kcal (24.5%), Fat: 21.55g (33.16%), Saturated Fat: 8.49g (53.08%), Carbohydrates: 51.93g (17.31%), Net Carbohydrates: 44.6g (16.22%), Sugar: 5.46g (6.07%), Cholesterol: 81.92mg (27.31%), Sodium: 333.14mg (14.48%), Alcohol: 5.68g (100%), Alcohol %: 2% (100%), Protein: 13.86g (27.72%), Fiber: 7.32g (29.29%), Manganese: 0.53mg (26.67%), Phosphorus: 247.65mg (24.77%), Vitamin B6: 0.47mg (23.7%), Magnesium: 89.55mg (22.39%), Vitamin K: 21.46µg (20.43%), Copper: 0.34mg (17.15%), Zinc: 2.53mg (16.84%), Potassium: 539.55mg (15.42%), Vitamin A: 735.94IU (14.72%), Vitamin B1: 0.21mg (14.26%), Iron: 2.52mg (13.97%), Vitamin E: 1.81mg (12.08%), Vitamin C: 9.69mg (11.74%), Folate: 39.65µg (9.91%), Vitamin B3: 1.88mg (9.41%), Vitamin B2: 0.13mg (7.7%), Selenium: 4.92µg (7.02%), Calcium: 68.7mg (6.87%), Vitamin B5: 0.58mg (5.77%), Vitamin D: 0.48µg (3.17%)