



Skillet Shrimp Scampi with Fettuccine

READY IN



45 min.

SERVINGS



6

CALORIES



447 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1.5 cups chicken broth
- ☐ 2 tablespoons cornstarch
- ☐ 0.7 cup cooking wine dry white
- ☐ 0.5 cup parsley leaves fresh chopped
- ☐ 4 cloves garlic thinly sliced
- ☐ 0.5 pound green beans trimmed halved
- ☐ 1 small onion thinly sliced
- ☐ 0.3 cup parmesan grated

- ☐ 0.8 pound fettuccine pasta
- ☐ 1 large bell pepper sweet red cored halved seeded cut lengthwise into thin strips
- ☐ 0.3 teaspoon pepper flakes red
- ☐ 0.5 teaspoon salt
- ☐ 1.5 pounds shrimp shelled deveined
- ☐ 3 tablespoons vegetable oil

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ pot
- ☐ colander

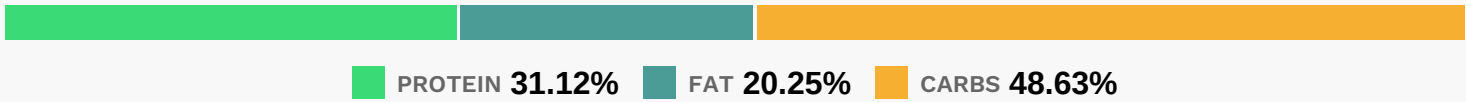
Directions

- ☐ Cook pasta in large pot of lightly salted boiling water until al dente, firm but tender, about 12 minutes.
- ☐ Add the green beans to the boiling water for the last 6 minutes of cooking; beans should be crisp-tender and not limp.
- ☐ Meanwhile, heat the oil in a large skillet over medium heat.
- ☐ Add the sweet red pepper, onion and garlic; saute for 5 to 6 minutes. Stir in the shrimp; saute 2 minutes.
- ☐ Add the wine, salt, black pepper and red pepper flakes. Cook, stirring, until the shrimp are opaque, about 1 to 2 minutes more. Be careful not to overcook the shrimp.
- ☐ Whisk together the chicken broth and cornstarch in a small bowl until well blended and smooth. Stir the cornstarch mixture into the skillet. Bring to boiling; cook for 1 minute. Stir in the parsley.
- ☐ Drain the pasta and green beans in a colander; turn the pasta into a large bowl.
- ☐ Add the shrimp mixture; toss until well combined.
- ☐ Sprinkle with the grated Parmesan.

☐

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:47.17, Glycemic Load:18.73, Inflammation Score:-9, Nutrition Score:23.112173988119%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 10.77mg, Apigenin: 10.77mg, Apigenin: 10.77mg, Apigenin: 10.77mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg Quercetin: 3.52mg, Quercetin: 3.52mg, Quercetin: 3.52mg, Quercetin: 3.52mg

Nutrients (% of daily need)

Calories: 447.45kcal (22.37%), Fat: 9.68g (14.89%), Saturated Fat: 2.05g (12.82%), Carbohydrates: 52.3g (17.43%), Net Carbohydrates: 48.41g (17.61%), Sugar: 5g (5.56%), Cholesterol: 186.58mg (62.19%), Sodium: 626.77mg (27.25%), Alcohol: 2.75g (100%), Alcohol %: 0.98% (100%), Protein: 33.46g (66.93%), Vitamin K: 112.64µg (107.27%), Vitamin C: 47.74mg (57.86%), Selenium: 37.73µg (53.9%), Phosphorus: 417.44mg (41.74%), Manganese: 0.8mg (39.96%), Copper: 0.67mg (33.53%), Vitamin A: 1597.12IU (31.94%), Magnesium: 92.08mg (23.02%), Potassium: 652.19mg (18.63%), Zinc: 2.77mg (18.46%), Calcium: 168.48mg (16.85%), Fiber: 3.89g (15.55%), Vitamin B6: 0.28mg (13.79%), Iron: 2.39mg (13.26%), Folate: 45.73µg (11.43%), Vitamin B2: 0.16mg (9.43%), Vitamin B3: 1.78mg (8.91%), Vitamin E: 1.31mg (8.75%), Vitamin B1: 0.13mg (8.4%), Vitamin B5: 0.5mg (5%), Vitamin B12: 0.06µg (1.03%)