



Sonoran Shrimp Scampi

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



386 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black divided freshly ground
- ☐ 4 cups farfalle pasta cooked
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 cloves garlic finely chopped
- ☐ 0.3 cup juice of lime fresh
- ☐ 1 tablespoon lime zest
- ☐ 2 tablespoons olive oil
- ☐ 3 poblano chiles

- ☐ 2 bell peppers red cored seeded thinly sliced
- ☐ 1 teaspoon salt divided
- ☐ 1 pound shrimp shelled deveined
- ☐ 0.5 cup white wine

Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil
- ☐ stove

Directions

- ☐ Place chiles directly over the burners of a gas stove. Roast over medium-high heat, turning occasionally, until skin is charred and chiles soften, 10 to 15 minutes. (To roast in oven, cover a large cookie sheet with foil.
- ☐ Place chiles on sheet and broil, turning occasionally, until skin is charred and chiles soften, 12 to 17 minutes.)
- ☐ Remove from heat and cool.
- ☐ Remove peel and seeds. Slice thinly; set aside.
- ☐ Sprinkle shrimp with half the salt and pepper.
- ☐ Heat oil in a large pan over high heat. Cook shrimp, stirring occasionally, 2 to 3 minutes.
- ☐ Add garlic; cook until fragrant, about 1 minute. Stir in chiles, red peppers, tomatoes, zest and lime juice. Cook until liquid reduces by half and shrimp are no longer translucent, 1 to 2 minutes.
- ☐ Add wine and reduce until slightly syrupy. Stir in pasta. Reduce heat to low and cover 1 minute. Top with cilantro and serve.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:57.88, Glycemic Load:15.84, Inflammation Score:-9, Nutrition Score:20.651739410732%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 2.12mg, Hesperetin: 2.12mg, Hesperetin: 2.12mg, Hesperetin: 2.12mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 4.57mg, Luteolin: 4.57mg, Luteolin: 4.57mg, Luteolin: 4.57mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.76mg, Quercetin: 2.76mg, Quercetin: 2.76mg, Quercetin: 2.76mg

Nutrients (% of daily need)

Calories: 385.94kcal (19.3%), Fat: 8.9g (13.69%), Saturated Fat: 1.35g (8.46%), Carbohydrates: 42.34g (14.11%), Net Carbohydrates: 37.52g (13.65%), Sugar: 5.81g (6.46%), Cholesterol: 182.57mg (60.86%), Sodium: 725.11mg (31.53%), Alcohol: 3.09g (100%), Alcohol %: 0.93% (100%), Protein: 30.35g (60.7%), Vitamin C: 153.63mg (186.22%), Vitamin A: 2269.78IU (45.4%), Selenium: 27.53µg (39.33%), Phosphorus: 346.49mg (34.65%), Copper: 0.63mg (31.53%), Manganese: 0.63mg (31.47%), Vitamin B6: 0.47mg (23.27%), Magnesium: 79.46mg (19.86%), Potassium: 680.03mg (19.43%), Fiber: 4.81g (19.26%), Vitamin K: 17.28µg (16.46%), Vitamin E: 2.4mg (16.03%), Zinc: 2.38mg (15.9%), Iron: 2.67mg (14.84%), Folate: 46.12µg (11.53%), Calcium: 102.56mg (10.26%), Vitamin B1: 0.11mg (7.54%), Vitamin B3: 1.5mg (7.51%), Vitamin B2: 0.11mg (6.28%), Vitamin B5: 0.44mg (4.44%)