



Speedy Scampi

 Dairy Free

READY IN



18 min.

SERVINGS



4

CALORIES



456 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup butter
- 12 ounces angel hair pasta cooked
- 0.5 cup parsley fresh chopped
- 4 large garlic cloves minced
- 2 green onions sliced
- 0.5 teaspoon hot sauce
- 0.5 cup juice of lemon fresh
- 1 tablespoon lemon rind grated

- 0.5 teaspoon salt
- 1.8 pounds shrimp fresh deveined peeled

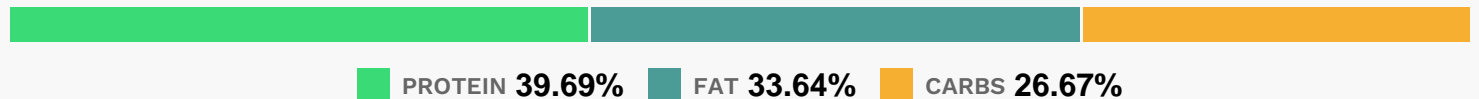
Equipment

- frying pan

Directions

- Melt butter in a large skillet over medium-high heat; add green onions, minced garlic, lemon rind, lemon juice, and salt; cook garlic mixture 2 to 3 minutes or until bubbly.
- Reduce heat to medium; add shrimp, and cook, stirring constantly, 5 minutes or just until shrimp turn pink. Stir in parsley and hot sauce. Toss with hot pasta.
- Prep: 10 min., Cook: 8 min.

Nutrition Facts



Properties

Glycemic Index:35.63, Glycemic Load:12.43, Inflammation Score:-8, Nutrition Score:19.116521951945%

Flavonoids

Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 1.17mg, Myricetin: 1.17mg, Myricetin: 1.17mg, Myricetin: 1.17mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

Nutrients (% of daily need)

Calories: 455.63kcal (22.78%), Fat: 17.2g (26.46%), Saturated Fat: 3.54g (22.1%), Carbohydrates: 30.68g (10.23%), Net Carbohydrates: 28.43g (10.34%), Sugar: 1.55g (1.72%), Cholesterol: 319.5mg (106.5%), Sodium: 725.35mg (31.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.65g (91.29%), Vitamin K: 135.48µg (129.03%), Phosphorus: 492.19mg (49.22%), Copper: 0.89mg (44.64%), Selenium: 22.96µg (32.81%), Vitamin C: 26.19mg (31.74%), Vitamin A: 1371.93IU (27.44%), Magnesium: 93.12mg (23.28%), Zinc: 3.25mg (21.68%), Manganese: 0.42mg (20.79%), Potassium: 674mg (19.26%), Calcium: 162.79mg (16.28%), Iron: 2.77mg (15.37%), Fiber: 2.25g (9%), Folate: 27.8µg (6.95%), Vitamin B6: 0.11mg (5.42%), Vitamin E: 0.78mg (5.19%), Vitamin B1: 0.04mg (2.87%), Vitamin B2:

0.05mg (2.68%), Vitamin B3: 0.53mg (2.65%), Vitamin B5: 0.21mg (2.09%)