



Spicy Shrimp Scampi with Muir Glen® Organic Tomatoes

READY IN



20 min.

SERVINGS



4

CALORIES



294 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb shrimp (with tail shells left on), deveined uncooked peeled
- 1 serving salt and pepper to taste
- 2 tablespoons olive oil
- 2 tablespoons butter
- 6 cloves garlic chopped
- 0.5 cup wine
- 14.5 oz canned tomatoes (diced organic undrained canned)
- 1 pepper (red crushed seeded chopped)

- 3 juice of lemon
- 2 tablespoons parsley fresh chopped
- 1 tablespoon basil fresh chopped
- 0.3 cup panko bread crumbs crispy italian
- 1 serving rice cooked

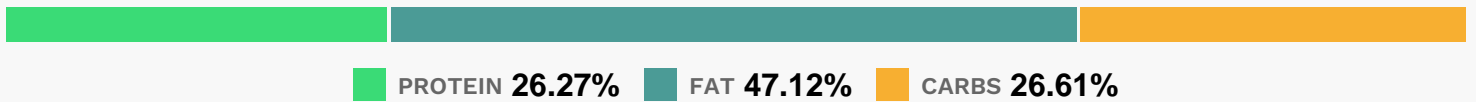
Equipment

- bowl
- frying pan

Directions

- Place shrimp in large bowl; season well with salt and pepper. Set aside.
- In 12-inch skillet, heat oil and butter over medium-high heat until butter is melted.
- Add garlic; cook and stir 2 to 3 minutes.
- Add wine; cook 1 to 2 minutes. Stir in tomatoes and chile. Season with salt and pepper. Reduce heat; simmer 2 to 3 minutes.
- Add shrimp to skillet; cook 2 to 3 minutes, stirring occasionally, until shrimp are pink. Gently stir in lemon juice, parsley and basil.
- Sprinkle with bread crumbs.
- Serve immediately over rice.

Nutrition Facts



Properties

Glycemic Index:76.5, Glycemic Load:6.54, Inflammation Score:-7, Nutrition Score:14.143043497334%

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: 1.1mg, Eriodictyol: 1.1mg, Eriodictyol: 1.1mg, Eriodictyol: 1.1mg Hesperetin: 3.38mg, Hesperetin:

3.38mg, Hesperetin: 3.38mg, Hesperetin: 3.38mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 293.87kcal (14.69%), Fat: 14.18g (21.81%), Saturated Fat: 4.77g (29.82%), Carbohydrates: 18.01g (6%), Net Carbohydrates: 16.73g (6.08%), Sugar: 3.54g (3.93%), Cholesterol: 157.93mg (52.64%), Sodium: 925.38mg (40.23%), Alcohol: 3.09g (100%), Alcohol %: 1.25% (100%), Protein: 17.78g (35.56%), Selenium: 36.76µg (52.52%), Vitamin K: 40.39µg (38.47%), Phosphorus: 308.65mg (30.87%), Vitamin B12: 1.28µg (21.4%), Vitamin A: 994.14IU (19.88%), Vitamin E: 2.74mg (18.29%), Vitamin C: 14.71mg (17.83%), Vitamin B6: 0.29mg (14.5%), Manganese: 0.28mg (14.15%), Copper: 0.25mg (12.65%), Vitamin B3: 2.46mg (12.32%), Calcium: 118.61mg (11.86%), Zinc: 1.38mg (9.22%), Magnesium: 35.9mg (8.98%), Folate: 34.68µg (8.67%), Iron: 1.37mg (7.64%), Potassium: 219.72mg (6.28%), Vitamin B1: 0.08mg (5.41%), Vitamin B5: 0.54mg (5.36%), Fiber: 1.28g (5.14%), Vitamin B2: 0.05mg (3.09%)