



Ultimate Shrimp Scampi

READY IN



40 min.

SERVINGS



4

CALORIES



868 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 16 ounce angel hair pasta
- 0.5 cup asiago cheese diced
- 1 large avocado diced pitted peeled
- 0.5 teaspoon pepper black
- 0.5 cup butter
- 1 teaspoon cooking wine dry white
- 1 tablespoon parsley fresh chopped
- 4 cloves garlic minced
- 0.3 cup juice of lemon

- 0.5 cup onion minced
- 1 teaspoon salt
- 1 pound shrimp deveined peeled
- 1 dash worcestershire sauce

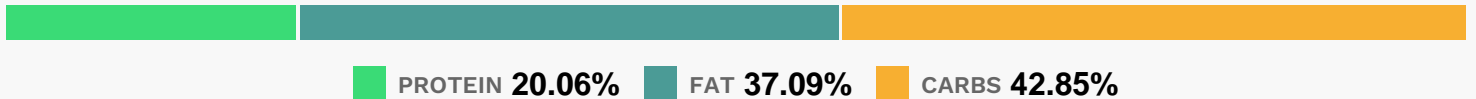
Equipment

- frying pan
- pot

Directions

- Bring a large pot of lightly salted water to a boil over high heat.
- Add the angel hair pasta, and cook until al dente, 2 to 3 minutes; drain.
- Melt the butter in a large skillet over medium heat. Stir in the garlic, onion, parsley, salt, pepper, Worcestershire sauce, lemon juice, and white wine. Once the mixture begins to bubble, increase the heat to medium-high, and stir in the shrimp. Cook and stir until the shrimp turn pink, and are no longer transparent in the center, about 5 minutes.
- Serve the scampi over a bed of angel hair pasta, and sprinkle with Asiago cheese and avocado to serve.

Nutrition Facts



Properties

Glycemic Index:73.75, Glycemic Load:35.26, Inflammation Score:-8, Nutrition Score:25.674782407025%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg,

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 4.17mg, Quercetin: 4.17mg, Quercetin: 4.17mg, Quercetin: 4.17mg

Nutrients (% of daily need)

Calories: 867.97kcal (43.4%), Fat: 36.01g (55.39%), Saturated Fat: 18.16g (113.48%), Carbohydrates: 93.6g (31.2%), Net Carbohydrates: 86.06g (31.29%), Sugar: 4.79g (5.32%), Cholesterol: 252.08mg (84.03%), Sodium: 1114.72mg (48.47%), Alcohol: 0.13g (100%), Alcohol %: 0.05% (100%), Protein: 43.82g (87.63%), Selenium: 75.52µg (107.89%), Manganese: 1.27mg (63.27%), Phosphorus: 589.64mg (58.96%), Copper: 0.9mg (44.78%), Magnesium: 125.2mg (31.3%), Fiber: 7.54g (30.16%), Vitamin K: 29.81µg (28.39%), Calcium: 271.4mg (27.14%), Zinc: 3.9mg (26.02%), Potassium: 883.08mg (25.23%), Vitamin A: 967.47IU (19.35%), Vitamin B6: 0.37mg (18.64%), Folate: 71.38µg (17.84%), Vitamin C: 14.71mg (17.82%), Iron: 2.66mg (14.79%), Vitamin B3: 2.92mg (14.63%), Vitamin B5: 1.35mg (13.45%), Vitamin E: 1.89mg (12.6%), Vitamin B2: 0.2mg (11.61%), Vitamin B1: 0.16mg (10.82%), Vitamin B12: 0.2µg (3.3%)