

Shrimp Scampi

Who doesn't love Shrimp Scampi. Served over linguini, this is a winner.

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|--------------------------|----------------|
| 1 tsp olive oil | 3 tbsp butter |
| 12 large shrimp | 1/8 tsp salt |
| 2 garlic clove, minced | 1/8 tsp pepper |
| 1/2 cup white wine | 2 tbsp flour |
| 2 tbsp fresh lemon juice | |

- 1 Dust shrimp with flour and cook in olive oil.
- 2 Add garlic, wine and lemon juice.
- 3 Reduce and then add butter.
- 4 Pour sauce over cooked linguini and place shrimp on top.

Servings: 4

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Total Time: 30 minutes

Nutrition Facts

Serving size: 1/4 of a recipe (2.7 ounces).

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

Amount Per Serving	
Calories	151.28
Calories From Fat (59%)	89.57
% Daily Value	
Total Fat 10.17g	16%
Saturated Fat 5.7g	29%
Cholesterol 54.82mg	18%
Sodium 106.86mg	4%
Potassium 82.85mg	2%
Total Carbohydrates 5.14g	2%
Fiber 0.18g	<1%
Sugar 0.5g	
Protein 4.91g	10%
MyPoints 3.84	

Recipe Type: Main Dish