

## Shrimp Scampi

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

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

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Preparation Time: 10 minutes

Cooking Time: 10 minutes

Total Time: 30 minutes

### Nutrition Facts

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

Recipe Type: Main Dish