

Shrimp Scampi with Asparagus and Tomatoes

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-asparagus-shrimp-recipe>

Ingredients:

- 3/4 pound angel hair pasta
- 4 tablespoons unsalted butter
- 2 tablespoons virgin olive oil extra-, plus extra for drizzling
- 2 tablespoons minced garlic more or less to taste
- 1/4 teaspoon crushed red pepper flakes
- 1 pound shrimp peeled and deveined
- salt
- freshly ground pepper
- 1/2 cup dry white wine
- 1/2 lemon
- 3 tablespoons parsley leaves finely chopped
- 12 stalks fresh asparagus cut into 2" pieces
- 1 1/8 cups chopped tomatoes seeds removed
- grated Parmesan if desired, optional

Nutrition:

1. Calories: 670 calories
2. Carbohydrate: 74 grams
3. Cholesterol: 205 milligrams
4. Fat: 23 grams
5. Fiber: 5 grams
6. Protein: 37 grams
7. SaturatedFat: 9 grams
8. Sodium: 430 milligrams
9. Sugar: 5 grams

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