



## Amazing Shrimp and Langostino Lobster Linguine

READY IN



45 min.

SERVINGS



8

CALORIES



616 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 cup basil pesto sauce
- 12 slices bacon cooked chopped
- 0.5 cup cooking wine dry white (such as Pinot Grigio)
- 1 tablespoon garlic minced
- 1 cup half-and-half
- 1 pound langostino lobster
- 2 tablespoons olive oil
- 1 cup parmigiano-reggiano cheese grated

- 16 ounce linguine pasta
- 1.5 cups peas
- 1 teaspoon pepper flakes red to taste
- 1 pound shrimp deveined uncooked peeled
- 1 onion sweet finely chopped

## Equipment

- sauce pan
- pot

## Directions

- Bring a large pot of lightly salted and oiled water to a boil. Cook linguine at a boil until tender yet firm to the bite, about 11 minutes; drain.
- Heat olive oil in a large saucepan over medium-high heat; saute bacon, onion, garlic, and red pepper flakes in hot oil until onion is golden brown, 10 to 15 minutes. Stir white wine into bacon mixture; cook and stir until wine is absorbed, 2 to 4 minutes.
- Stir shrimp and langostino lobster into bacon mixture; saute until shrimp and langostino are pink, about 2 minutes.
- Reduce heat to medium and stir cooked linguine into shrimp mixture. Stir peas, pesto sauce, and half-and-half into shrimp-linguine mixture; cook and stir until linguine absorbs the liquid, 5 to 10 minutes. Top servings with Parmigiano-Reggiano cheese.

## Nutrition Facts

    
 **PROTEIN 22.8%**  **FAT 40.89%**  **CARBS 36.31%**

## Properties

Glycemic Index:19.79, Glycemic Load:18.33, Inflammation Score:-8, Nutrition Score:20.032174017118%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg

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## Nutrients (% of daily need)

Calories: 616.23kcal (30.81%), Fat: 27.34g (42.06%), Saturated Fat: 8.35g (52.21%), Carbohydrates: 54.61g (18.2%), Net Carbohydrates: 50.27g (18.28%), Sugar: 7.65g (8.5%), Cholesterol: 144.9mg (48.3%), Sodium: 857.94mg (37.3%), Alcohol: 1.54g (100%), Alcohol %: 0.65% (100%), Protein: 34.3g (68.59%), Selenium: 56.7µg (81%), Phosphorus: 461.62mg (46.16%), Manganese: 0.73mg (36.72%), Copper: 0.7mg (34.81%), Calcium: 312.22mg (31.22%), Zinc: 3.38mg (22.53%), Vitamin A: 1117.36IU (22.35%), Magnesium: 82.99mg (20.75%), Fiber: 4.34g (17.36%), Vitamin C: 13.45mg (16.3%), Vitamin B3: 3.22mg (16.09%), Potassium: 554.33mg (15.84%), Vitamin B6: 0.31mg (15.63%), Vitamin B1: 0.23mg (15.2%), Vitamin B2: 0.21mg (12.6%), Iron: 2.11mg (11.73%), Folate: 41.01µg (10.25%), Vitamin K: 9.98µg (9.5%), Vitamin B12: 0.54µg (8.95%), Vitamin B5: 0.84mg (8.36%), Vitamin E: 1mg (6.65%)