



WHATSheATE



Ancho Chile, Shrimp, and Pasta

 Popular

READY IN



30 min.

SERVINGS



2

CALORIES



839 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 ounces long thin
- ☐ 2 servings salt
- ☐ 0.5 cup vegetable oil (grapeseed or canola)
- ☐ 3 cloves garlic thinly sliced
- ☐ 2 ancho chiles dried medium to large deveined rinsed seeded
- ☐ 0.5 pound count shrimp raw deveined peeled cut into thirds
- ☐ 2 servings bell pepper black
- ☐ 2 servings parmesan freshly grated

- ☐ 2 servings juice of lemon fresh

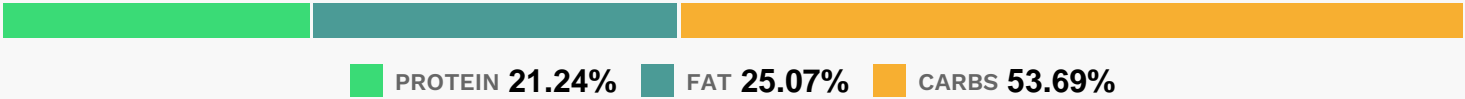
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Cook the pasta: Put a large pot of salted water on to boil for the pasta when you start this recipe. Once the water is boiling, add the pasta and cook until al dente.
- ☐ While the water is coming to a boil and while the pasta is cooking, prepare the rest of the recipe as follows.
- ☐ Lightly brown the garlic:
- ☐ Heat oil in a small skillet on medium heat. Once the oil is hot, add sliced garlic. Cook until lightly browned, then remove with a slotted spoon to a large bowl.
- ☐ Fry sliced ancho chiles in oil: Thinly slice the ancho chiles (can chiffonade as you would with basil, just roll up into a cigar shape and slice crosswise).
- ☐ Add the sliced chiles to the hot oil and cook ONLY for 20 to 30 seconds.
- ☐ Remove with a slotted spoon to the bowl with the garlic. Do not over-cook the chiles or they will get bitter.
- ☐ Add the raw shrimp to the pan with the now chile and garlic infused oil. Increase the heat to high, cook for a couple minutes, stirring frequently, until the shrimp is just turning pink.
- ☐ Remove from heat.
- ☐ Add the shrimp and oil to the bowl with the garlic and chiles.
- ☐ Combine pasta with shrimp, garlic, chiles, oil:
- ☐ Add the drained, cooked pasta to the bowl with the shrimp, garlic, chiles, and oil.
- ☐ Sprinkle with salt and black pepper and toss to combine.
- ☐ Serve: To serve, portion out into bowls, sprinkle with freshly grated Parmesan and a little lemon or lime juice.

Nutrition Facts



Properties

Glycemic Index:65.5, Glycemic Load:34.73, Inflammation Score:-10, Nutrition Score:38.161304214726%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 838.83kcal (41.94%), Fat: 23.6g (36.31%), Saturated Fat: 7.33g (45.79%), Carbohydrates: 113.71g (37.9%), Net Carbohydrates: 99.87g (36.32%), Sugar: 18.06g (20.07%), Cholesterol: 163.28mg (54.43%), Sodium: 1355.81mg (58.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45g (90%), Vitamin A: 9711.07IU (194.22%), Selenium: 113.87µg (162.67%), Phosphorus: 763.11mg (76.31%), Manganese: 1.46mg (72.82%), Vitamin K: 59.12µg (56.3%), Fiber: 13.84g (55.35%), Calcium: 465.61mg (46.56%), Vitamin B2: 0.61mg (36.1%), Vitamin B6: 0.72mg (35.87%), Vitamin B3: 7.11mg (35.53%), Magnesium: 131.25mg (32.81%), Copper: 0.64mg (32.04%), Potassium: 1097.98mg (31.37%), Vitamin B12: 1.62µg (26.98%), Zinc: 3.94mg (26.28%), Vitamin E: 3.71mg (24.7%), Iron: 4.17mg (23.19%), Vitamin C: 18.2mg (22.06%), Folate: 65.06µg (16.26%), Vitamin B5: 1.36mg (13.59%), Vitamin B1: 0.18mg (11.83%), Vitamin D: 0.26µg (1.76%)