



WHATSheATE



Angel Hair Pasta with Shrimp and Parmesan Lemon Cream Sauce

♥ Popular

READY IN



25 min.

SERVINGS



4

CALORIES



612 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.8 cup heavy whipping cream
- ☐ 0.3 cup chicken stock see
- ☐ 3 Tbsp juice of lemon
- ☐ 0.8 pound angel hair pasta (also called capellini)
- ☐ 4 servings salt and pepper black
- ☐ 1 pound shrimp raw peeled deveined
- ☐ 0.5 cup parsley loosely packed chopped ()

- ☐ 0.3 cup chives loosely packed chopped ()
- ☐ 4 servings lemon zest
- ☐ 0.5 cup parmesan cheese freshly grated

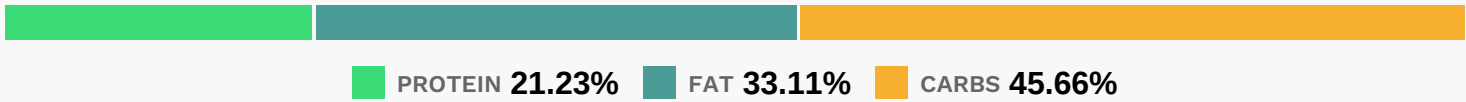
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Heat salted water for pasta: Bring a large pot of salted water to a boil. (1 Tbsp salt for every 2 quarts water)
- ☐ Simmer cream, stock, lemon juice: In a smaller pot, heat the cream, chicken stock and lemon juice to a low simmer. Simmer gently for 3 to 4 minutes.
- ☐ Add the angel hair pasta to the boiling water.
- ☐ Add the shrimp to the simmering lemon cream sauce. Stir well and add a pinch of salt and black pepper. The shrimp should cook in about the same time as the angel hair pasta, about 3 to 4 minutes.
- ☐ Halfway through the cooking, stir in the parsley and chives.
- ☐ Drain pasta, combine with shrimp, sauce, zest, Parmesan: When the pasta is done, drain and put it in a large bowl. Stir in the shrimp and lemon cream sauce, the lemon zest, and most of the Parmesan.
- ☐ Divide into servings, and top with the remaining parmesan.
- ☐ Note, if the resulting mixture seems too dry, just add a little water or cream. If it seems too wet, don't worry, the pasta will absorb the sauce.

Nutrition Facts



Properties

Glycemic Index:29.75, Glycemic Load:25.62, Inflammation Score:-8, Nutrition Score:26.276956496031%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 611.81kcal (30.59%), Fat: 22.32g (34.35%), Saturated Fat: 12.63g (78.96%), Carbohydrates: 69.28g (23.09%), Net Carbohydrates: 66.19g (24.07%), Sugar: 4.22g (4.69%), Cholesterol: 204.63mg (68.21%), Sodium: 1097.37mg (47.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.22g (64.43%), Selenium: 93.4µg (133.43%), Vitamin K: 130.42µg (124.21%), Phosphorus: 553.34mg (55.33%), Manganese: 0.85mg (42.35%), Vitamin A: 1710.08IU (34.2%), Vitamin B12: 1.5µg (24.98%), Copper: 0.49mg (24.37%), Calcium: 233.21mg (23.32%), Magnesium: 83.63mg (20.91%), Zinc: 3.07mg (20.46%), Vitamin C: 16.34mg (19.8%), Vitamin B3: 3.86mg (19.31%), Vitamin B6: 0.35mg (17.7%), Vitamin E: 2.15mg (14.32%), Folate: 56.44µg (14.11%), Potassium: 459.84mg (13.14%), Vitamin B2: 0.22mg (12.93%), Fiber: 3.09g (12.35%), Iron: 1.99mg (11.07%), Vitamin B5: 0.93mg (9.26%), Vitamin B1: 0.13mg (8.53%), Vitamin D: 0.89µg (5.93%)