



WHATSheATE



## Angel Hair with Shrimp and Peas

READY IN



20 min.

SERVINGS



5

CALORIES



564 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 12 ounces angel hair pasta
- ☐ 1 cup heavy cream
- ☐ 2 tablespoons olive oil
- ☐ 1 cup peas frozen
- ☐ 5 servings salt and pepper
- ☐ 1 pound shrimp shelled deveined

### Equipment

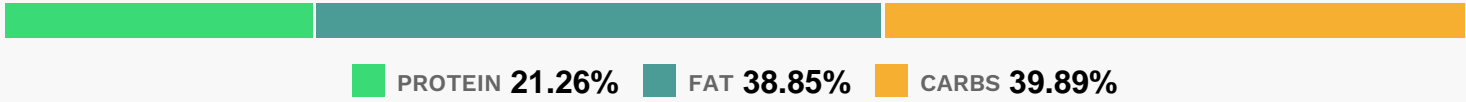
- ☐ frying pan

☐ pot

## Directions

- ☐ Bring a large pot of salted water to a boil.
- ☐ Add pasta and bring back to a boil.
- ☐ Add peas after pasta has cooked for 3 minutes. Continue cooking until pasta is al dente and peas are warmed though, 1 to 2 minutes.
- ☐ Drain well, return to pot and toss with 1 Tbsp. oil. Cover and keep warm.
- ☐ Warm remaining 1 Tbsp. oil in a large skillet over medium-high heat.
- ☐ Add shrimp and cook, stirring, until pink, 2 to 3 minutes.
- ☐ Transfer to pot with pasta and peas.
- ☐ Pour cream into skillet and increase heat to high. Boil, stirring to pick up any bits on bottom of skillet, until slightly reduced, about 3 minutes.
- ☐ Transfer to pot with pasta, shrimp and peas. Stir well, season with salt and pepper and serve warm.

## Nutrition Facts



## Properties

Glycemic Index:17.27, Glycemic Load:21.54, Inflammation Score:-7, Nutrition Score:16.085652040399%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

## Nutrients (% of daily need)

Calories: 564.37kcal (28.22%), Fat: 24.39g (37.52%), Saturated Fat: 12.02g (75.13%), Carbohydrates: 56.33g (18.78%), Net Carbohydrates: 52.5g (19.09%), Sugar: 4.85g (5.39%), Cholesterol: 199.84mg (66.61%), Sodium: 320.24mg (13.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.03g (60.06%), Selenium: 44.95µg (64.22%), Manganese: 0.77mg (38.69%), Phosphorus: 381.66mg (38.17%), Copper: 0.61mg (30.39%), Magnesium: 80.72mg (20.18%), Vitamin A: 921.57IU (18.43%), Zinc: 2.65mg (17.66%), Fiber: 3.83g (15.32%), Potassium: 507.3mg (14.49%), Vitamin C: 11.89mg (14.41%), Vitamin K: 12.15µg (11.58%), Calcium: 111.19mg (11.12%), Iron: 1.86mg (10.35%), Vitamin B2: 0.17mg (9.92%), Vitamin B1: 0.15mg (9.86%), Vitamin E: 1.36mg (9.05%), Vitamin B3: 1.79mg (8.97%), Folate: 33µg (8.25%), Vitamin B6: 0.16mg (8.11%), Vitamin D: 0.76µg (5.08%), Vitamin B5: 0.44mg (4.45%), Vitamin

B12: 0.08μg (1.27%)