



Angel Hair with Spicy Shrimp

READY IN



15 min.

SERVINGS



4

CALORIES



533 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.8 pound angel hair pasta
- ☐ 2 tablespoons butter
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 0.8 cup wine dry white
- ☐ 2 cloves garlic chopped
- ☐ 4 servings kosher salt
- ☐ 1 tablespoon olive oil
- ☐ 1 pound shrimp frozen thawed deveined peeled

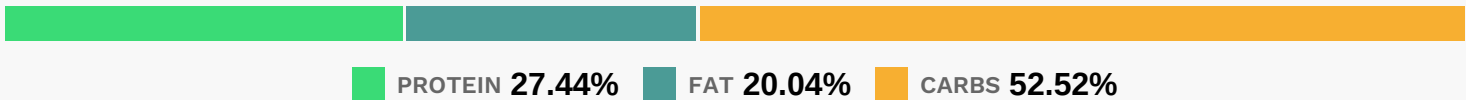
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Cook the pasta according to the package directions.
- ☐ Drain the pasta and return it to the pot. Meanwhile, heat the oil in a large skillet over medium heat.
- ☐ Add the garlic and cook, stirring, for 1 minute (do not let it brown).
- ☐ Add the shrimp, wine, red pepper, and 1/2 teaspoon salt. Simmer until the shrimp are opaque, 2 to 3 minutes. Stir in the butter until melted. Toss the pasta with the shrimp mixture.

Nutrition Facts



Properties

Glycemic Index:34.25, Glycemic Load:25.85, Inflammation Score:-5, Nutrition Score:14.475652228879%

Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 532.54kcal (26.63%), Fat: 11.06g (17.02%), Saturated Fat: 4.44g (27.72%), Carbohydrates: 65.24g (21.75%), Net Carbohydrates: 62.44g (22.71%), Sugar: 2.73g (3.03%), Cholesterol: 197.62mg (65.87%), Sodium: 383.47mg (16.67%), Alcohol: 4.64g (100%), Alcohol %: 2.29% (100%), Protein: 34.09g (68.17%), Selenium: 54.1µg (77.29%), Manganese: 0.9mg (44.88%), Phosphorus: 415.86mg (41.59%), Copper: 0.7mg (34.84%), Magnesium: 89.97mg (22.49%), Zinc: 2.8mg (18.68%), Potassium: 531.19mg (15.18%), Fiber: 2.8g (11.19%), Iron: 1.89mg (10.48%), Calcium: 99.45mg (9.94%), Vitamin B6: 0.16mg (8.23%), Vitamin B3: 1.52mg (7.61%), Vitamin B1: 0.08mg (5.5%), Vitamin E: 0.81mg (5.39%), Vitamin A: 212.13IU (4.24%), Vitamin B5: 0.4mg (4.05%), Folate: 16.05µg (4.01%), Vitamin B2:

0.06mg (3.7%), Vitamin K: 3.02µg (2.88%)