



Beer-Steamed Shrimp with Angel Hair Pasta

 Dairy Free

READY IN

ready

45 min.

SERVINGS

servings

4

CALORIES

calories

494 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 cups angel hair hot cooked uncooked 8 ounces pasta
- ☐ 12 ounce beer
- ☐ 0.3 teaspoon pepper black
- ☐ 4 servings parsley fresh minced
- ☐ 1 garlic clove minced
- ☐ 2 tablespoons juice of lemon
- ☐ 1.5 teaspoons lemon rind grated
- ☐ 2 tablespoons olive oil extra-virgin

- ☐ 1 cup onion vertically sliced
- ☐ 1 Dash pepper red crushed
- ☐ 0.5 teaspoon salt
- ☐ 1 pound shrimp deveined peeled

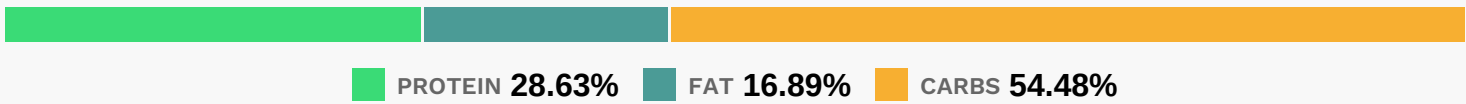
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ slotted spoon
- ☐ dutch oven

Directions

- ☐ Bring beer to a boil in a Dutch oven over high heat.
- ☐ Add shrimp; cover and cook 2 minutes.
- ☐ Remove shrimp with a slotted spoon; set aside, and keep warm.
- ☐ Add onion and the next 5 ingredients (onion through garlic) to pan; bring to a boil. Cook, uncovered, 4 minutes.
- ☐ Remove from heat; gradually add oil and lemon juice, stirring constantly with a wire whisk.
- ☐ Add pasta; toss well.
- ☐ Divide pasta mixture among individual plates; top with shrimp, and sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:50.88, Glycemic Load:24.68, Inflammation Score:-7, Nutrition Score:18.261738933947%

Flavonoids

Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin:

0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 8.19mg, Quercetin: 8.19mg, Quercetin: 8.19mg, Quercetin: 8.19mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 494.03kcal (24.7%), Fat: 8.81g (13.56%), Saturated Fat: 1.32g (8.23%), Carbohydrates: 63.99g (21.33%), Net Carbohydrates: 60.62g (22.04%), Sugar: 3.96g (4.4%), Cholesterol: 182.57mg (60.86%), Sodium: 438.19mg (19.05%), Alcohol: 3.32g (100%), Alcohol %: 1.26% (100%), Protein: 33.62g (67.25%), Selenium: 48.25µg (68.92%), Vitamin K: 70.29µg (66.95%), Phosphorus: 412.36mg (41.24%), Manganese: 0.82mg (41.03%), Copper: 0.69mg (34.61%), Magnesium: 91.55mg (22.89%), Zinc: 2.71mg (18.09%), Potassium: 584.36mg (16.7%), Vitamin C: 12.38mg (15.01%), Fiber: 3.37g (13.48%), Iron: 2mg (11.09%), Calcium: 110.15mg (11.01%), Vitamin B6: 0.21mg (10.61%), Vitamin B3: 1.83mg (9.15%), Folate: 33.93µg (8.48%), Vitamin E: 1.15mg (7.69%), Vitamin A: 346.75IU (6.93%), Vitamin B1: 0.1mg (6.5%), Vitamin B2: 0.08mg (4.94%), Vitamin B5: 0.44mg (4.42%)