



Brandied Shrimp with Pasta

 Popular

READY IN



35 min.

SERVINGS



6

CALORIES



654 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup brandy
- ☐ 0.5 cup butter
- ☐ 0.5 cup cooking wine dry white
- ☐ 0.5 cup basil fresh chopped
- ☐ 4 cloves garlic thinly sliced
- ☐ 6 green onions thinly sliced
- ☐ 16 ounce fettuccini noodles dry
- ☐ 0.3 cup olive oil

- ☐ 0.5 cup parmesan cheese grated
- ☐ 1 teaspoon pepper
- ☐ 2 teaspoons salt
- ☐ 1 pound shrimp deveined peeled
- ☐ 2 large tomatoes diced

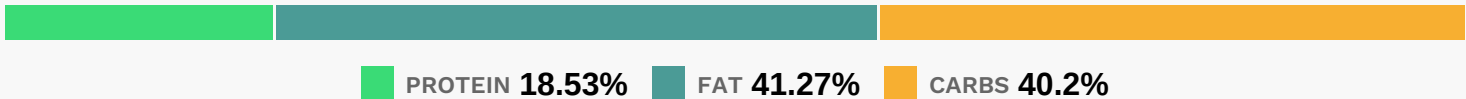
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Add pasta and cook for 8 to 10 minutes or until al dente; drain.
- ☐ Heat olive oil in a large skillet over medium heat.
- ☐ Saute shrimp until pink. Stir in green onions, garlic and brandy. Carefully ignite brandy with a match, or the gas flame. Cook for 2 minutes.
- ☐ Add chopped tomatoes, and cook 2 minutes. Stir in wine and butter, and season with basil, salt and pepper. Cook for 3 minutes. Stir in Parmesan. Toss with pasta until evenly coated.

Nutrition Facts



Properties

Glycemic Index:54, Glycemic Load:23.82, Inflammation Score:-8, Nutrition Score:18.840000236812%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.49mg, Naringenin: 0.49mg, Naringenin: 0.49mg, Naringenin: 0.49mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg

Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg

Nutrients (% of daily need)

Calories: 653.54kcal (32.68%), Fat: 28.38g (43.66%), Saturated Fat: 12.57g (78.57%), Carbohydrates: 62.18g (20.73%), Net Carbohydrates: 58.57g (21.3%), Sugar: 4.13g (4.59%), Cholesterol: 169.63mg (56.54%), Sodium: 1143.85mg (49.73%), Alcohol: 5.4g (100%), Alcohol %: 2.31% (100%), Protein: 28.67g (57.35%), Selenium: 51.28µg (73.26%), Manganese: 0.94mg (46.99%), Vitamin K: 45.55µg (43.38%), Phosphorus: 389.74mg (38.97%), Copper: 0.58mg (29.24%), Vitamin A: 1277.31IU (25.55%), Magnesium: 83.27mg (20.82%), Zinc: 2.68mg (17.87%), Potassium: 597.94mg (17.08%), Calcium: 168.18mg (16.82%), Vitamin E: 2.28mg (15.17%), Fiber: 3.62g (14.47%), Vitamin C: 11.55mg (14%), Iron: 2mg (11.13%), Vitamin B6: 0.21mg (10.47%), Vitamin B3: 1.78mg (8.91%), Folate: 33.13µg (8.28%), Vitamin B1: 0.11mg (7.13%), Vitamin B2: 0.11mg (6.43%), Vitamin B5: 0.47mg (4.66%), Vitamin B12: 0.14µg (2.41%)