



## Capellini with Shrimp and Creamy Tomato Sauce

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



401 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 14 ounce canned tomatoes diced drained canned
- 3 large garlic clove
- 0.8 cup cup heavy whipping cream
- 0.5 teaspoon juice of lemon fresh
- 3 tablespoons olive oil
- 0.3 teaspoon oregano dried
- 1 pound shrimp peeled

0.5 cup mirin sweet red ()

## Equipment

frying pan

pot

## Directions

Heat oil in a 12-inch heavy skillet over medium-high heat until it shimmers, then cook shrimp and garlic with oregano, 1/2 teaspoon salt, and 1/4 teaspoon pepper, turning once, until golden, about 2 minutes total. Stir in vermouth and tomatoes, scraping up any brown bits from bottom of skillet.

Add cream and briskly simmer until sauce has thickened slightly, about 1 minute. Stir in lemon juice.

Meanwhile, cook capellini in a pasta pot of boiling salted water (3 tablespoons salt for 6 quarts water) until al dente. Reserve 1 cup pasta-cooking water, then drain pasta.

Serve immediately, topped with shrimp and sauce. Thin with some of reserved water if necessary.

## Nutrition Facts



## Properties

Glycemic Index:18.25, Glycemic Load:2.24, Inflammation Score:-7, Nutrition Score:11.638260862102%

## Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg 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: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 400.51kcal (20.03%), Fat: 27.48g (42.28%), Saturated Fat: 11.87g (74.19%), Carbohydrates: 10.5g (3.5%), Net Carbohydrates: 8.51g (3.09%), Sugar: 5.71g (6.35%), Cholesterol: 233mg (77.67%), Sodium: 278.6mg (12.11%),

Alcohol: 2.85g (100%), Alcohol %: 1.2% (100%), Protein: 25.87g (51.73%), Copper: 0.64mg (31.87%), Phosphorus: 303.98mg (30.4%), Vitamin E: 3.19mg (21.26%), Potassium: 643.84mg (18.4%), Vitamin A: 871.68IU (17.43%), Magnesium: 63.6mg (15.9%), Calcium: 141.97mg (14.2%), Manganese: 0.26mg (13.17%), Vitamin K: 13.82µg (13.16%), Zinc: 1.92mg (12.83%), Vitamin C: 10.34mg (12.54%), Iron: 2.07mg (11.49%), Vitamin B6: 0.19mg (9.7%), Vitamin B2: 0.14mg (8.16%), Fiber: 1.99g (7.95%), Vitamin B3: 1.26mg (6.32%), Vitamin B1: 0.09mg (5.88%), Vitamin D: 0.71µg (4.76%), Vitamin B5: 0.41mg (4.05%), Folate: 15.17µg (3.79%), Selenium: 2.26µg (3.23%), Vitamin B12: 0.07µg (1.19%)