



Capellini with Shrimp and Creamy Tomato Sauce

READY IN



15 min.

SERVINGS



4

CALORIES



611 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 14 ounce canned tomatoes diced drained canned
- ☐ 0.5 pound capellini
- ☐ 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

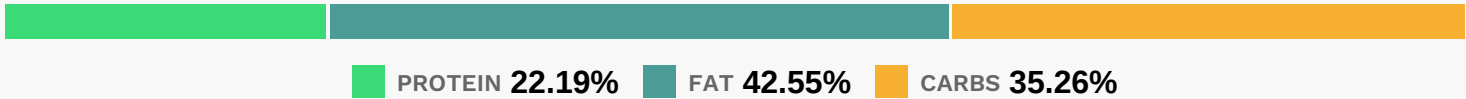
☐ frying pan

☐ 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:28.75, Glycemic Load:19.26, Inflammation Score:-7, Nutrition Score:17.933478168819%

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: 610.86kcal (30.54%), Fat: 28.34g (43.6%), Saturated Fat: 12.03g (75.18%), Carbohydrates: 52.83g (17.61%), Net Carbohydrates: 49.03g (17.83%), Sugar: 7.23g (8.03%), Cholesterol: 233mg (77.67%), Sodium: 282mg (12.26%),

Alcohol: 2.85g (100%), Alcohol %: 1.01% (100%), Protein: 33.26g (66.52%), Selenium: 38.09µg (54.42%), Phosphorus: 411.14mg (41.11%), Copper: 0.8mg (40.07%), Manganese: 0.78mg (39.17%), Magnesium: 93.65mg (23.41%), Potassium: 770.27mg (22.01%), Vitamin E: 3.25mg (21.67%), Zinc: 2.72mg (18.16%), Vitamin A: 871.68IU (17.43%), Iron: 2.8mg (15.58%), Calcium: 153.88mg (15.39%), Fiber: 3.8g (15.21%), Vitamin B6: 0.27mg (13.72%), Vitamin K: 13.88µg (13.22%), Vitamin C: 10.34mg (12.54%), Vitamin B3: 2.23mg (11.14%), Vitamin B2: 0.17mg (10.16%), Vitamin B1: 0.14mg (9.28%), Vitamin B5: 0.65mg (6.49%), Folate: 25.38µg (6.34%), Vitamin D: 0.71µg (4.76%), Vitamin B12: 0.07µg (1.19%)