



## Caribbean Pasta with Shrimp

 Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



571 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 1 tablespoon brown sugar
- ☐ 0.5 cup chicken stock see
- ☐ 2 tablespoons chile paste
- ☐ 2 teaspoons cornstarch
- ☐ 2 teaspoons curry powder
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 1 tablespoon ginger root fresh minced
- ☐ 4 cloves garlic minced

- ☐ 1 bell pepper green seeded chopped
- ☐ 3 tablespoons olive oil
- ☐ 0.3 cup brandy-based orange liqueur grand marnier® (such as )
- ☐ 8 ounces rotini pasta
- ☐ 0.3 cup shallots minced
- ☐ 1.5 pounds shrimp deveined peeled
- ☐ 2 tablespoons soya sauce
- ☐ 1.5 cups tomatoes peeled seeded chopped
- ☐ 0.5 teaspoon allspice whole

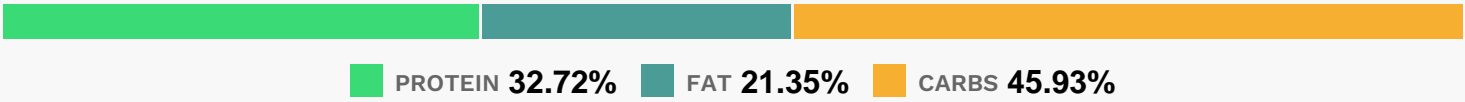
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

## Directions

- ☐ In a small bowl, combine garlic, shallots, ginger and oil. In another small bowl, combine green pepper, tomato, curry powder, allspice, chicken stock, Grand Marnier, soy sauce, brown sugar, cornstarch, and chile paste. Cover and refrigerate both until ready to use.
- ☐ 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 a large saute pan over high. When hot, add garlic-oil mixture.
- ☐ Saute until garlic begins to sizzle but has not browned. Stir the tomato mixture, then pour into the saute pan. Bring to a rapid boil and cook until it begins to thicken, about 3 minutes.
- ☐ Stir in the shrimp, and toss until they become pink, about 2 minutes. Immediately add the pasta. Stir and toss until well combined and pasta is heated through. Taste and adjust seasonings, especially salt.
- ☐ Transfer to a heated platter and sprinkle on the cilantro.
- ☐ Serve at once.

## Nutrition Facts



## Properties

Glycemic Index:58, Glycemic Load:18.73, Inflammation Score:-7, Nutrition Score:20.855652083521%

## Flavonoids

Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg

## Nutrients (% of daily need)

Calories: 570.77kcal (28.54%), Fat: 13.07g (20.11%), Saturated Fat: 1.97g (12.34%), Carbohydrates: 63.24g (21.08%), Net Carbohydrates: 59.04g (21.47%), Sugar: 13.97g (15.52%), Cholesterol: 274.76mg (91.59%), Sodium: 763.49mg (33.2%), Alcohol: 3.84g (100%), Alcohol %: 1.18% (100%), Caffeine: 3.84mg (1.28%), Protein: 45.05g (90.11%), Selenium: 37.58µg (53.69%), Phosphorus: 534.83mg (53.48%), Copper: 0.97mg (48.5%), Manganese: 0.89mg (44.64%), Vitamin C: 36.02mg (43.66%), Magnesium: 113.71mg (28.43%), Potassium: 949.67mg (27.13%), Zinc: 3.47mg (23.12%), Vitamin K: 20.52µg (19.54%), Vitamin B6: 0.35mg (17.45%), Fiber: 4.2g (16.82%), Iron: 2.92mg (16.23%), Calcium: 157.77mg (15.78%), Vitamin E: 2.3mg (15.32%), Vitamin A: 741.34IU (14.83%), Vitamin B3: 2.56mg (12.79%), Vitamin B1: 0.13mg (8.8%), Folate: 33.82µg (8.46%), Vitamin B2: 0.11mg (6.64%), Vitamin B5: 0.44mg (4.37%)