



Champagne Shrimp and Pasta

 Popular

READY IN



30 min.

SERVINGS



4

CALORIES



725 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 ounces angel hair pasta
- ☐ 1.5 cups champagne
- ☐ 1 tablespoon olive oil extra virgin
- ☐ 1 cup mushrooms fresh sliced
- ☐ 3 tablespoons parsley fresh chopped
- ☐ 1 cup heavy cream
- ☐ 4 servings parmesan cheese freshly grated
- ☐ 2 plum tomatoes diced

- ☐ 0.3 teaspoon salt
- ☐ 4 servings salt and pepper to taste
- ☐ 2 tablespoons shallots minced
- ☐ 1 pound shrimp deveined peeled

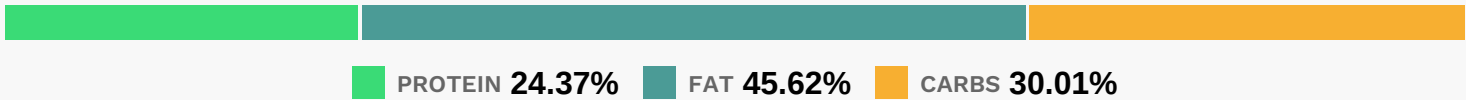
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Bring a large pot of lightly salted water to a boil. Cook pasta in boiling water for 6 to 8 minutes or until al dente; drain.
- ☐ Meanwhile, heat oil over medium-high heat in a large frying pan. Cook and stir mushrooms in oil until tender.
- ☐ Remove mushrooms from pan, and set aside.
- ☐ Combine shrimp, champagne, and salt in the frying pan, and cook over high heat. When liquid just begins to boil, remove shrimp from pan.
- ☐ Add shallots and tomatoes to champagne; boil until liquid is reduced to 1/2 cup, about 8 minutes. Stir in 3/4 cup cream; boil until slightly thick, about 1 to 2 minutes.
- ☐ Add shrimp and mushrooms to sauce, and heat through. Adjust seasonings to taste.
- ☐ Toss hot, cooked pasta with remaining 1/4 cup cream and parsley. To serve, spoon shrimp with sauce over pasta, and top with Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:43.5, Glycemic Load:17.74, Inflammation Score:-8, Nutrition Score:23.23608686613%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 725.19kcal (36.26%), Fat: 34.99g (53.83%), Saturated Fat: 19.12g (119.47%), Carbohydrates: 51.8g (17.27%), Net Carbohydrates: 49.12g (17.86%), Sugar: 6g (6.67%), Cholesterol: 275.91mg (91.97%), Sodium: 1029.84mg (44.78%), Alcohol: 5.66g (100%), Alcohol %: 1.73% (100%), Protein: 42.05g (84.09%), Selenium: 50.59µg (72.27%), Phosphorus: 620.64mg (62.06%), Vitamin K: 56.27µg (53.59%), Calcium: 406.97mg (40.7%), Copper: 0.74mg (36.96%), Vitamin A: 1645.3IU (32.91%), Manganese: 0.65mg (32.52%), Zinc: 4.06mg (27.08%), Magnesium: 101.38mg (25.35%), Potassium: 798.63mg (22.82%), Vitamin B2: 0.36mg (21.44%), Iron: 2.35mg (13.04%), Vitamin C: 9.5mg (11.51%), Vitamin B3: 2.21mg (11.07%), Fiber: 2.69g (10.74%), Vitamin B6: 0.21mg (10.65%), Vitamin E: 1.46mg (9.74%), Vitamin B5: 0.91mg (9.07%), Vitamin B12: 0.51µg (8.5%), Vitamin D: 1.15µg (7.67%), Folate: 30.26µg (7.57%), Vitamin B1: 0.11mg (7.17%)