



Chorizo and Shrimp with Toasted Pasta

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



660 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound andouille sausages spanish halved lengthwise sliced
- ☐ 15 oz canned tomatoes crushed canned
- ☐ 0.3 cup flat-leafed parsley chopped
- ☐ 3 garlic cloves minced
- ☐ 2.5 cups chicken broth reduced-sodium
- ☐ 2 tbsp olive oil
- ☐ 1 medium onion chopped fine
- ☐ 4 servings salt

- ☐ 0.5 pound shrimp shelled deveined per lb.), ; or clams
- ☐ 1 tablespoon tomato paste
- ☐ 4 ounces coiled fideos

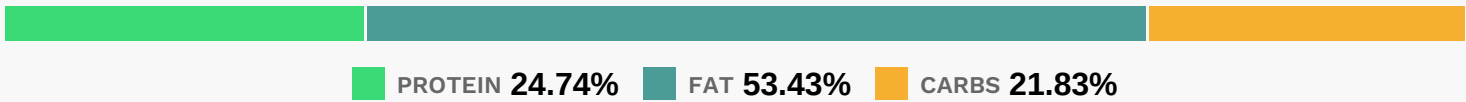
Equipment

- ☐ pot
- ☐ tongs

Directions

- ☐ Heat 2 tbsp. oil in a large wide pot over medium-low heat.
- ☐ Add onion and cook, covered, until starting to soften, 5 minutes.
- ☐ Add pasta and more oil if it looks dry, then toast over medium-high heat, turning constantly with tongs, until golden.
- ☐ Add garlic and saffron (if using), tomatoes and tomato paste, sausages, and broth.
- ☐ Boil pasta in soup, uncovered, until noodles are tender, about 5 minutes.
- ☐ Add shrimp and cook just until pink and curled, about 1 minute. Season with salt to taste and stir in parsley.

Nutrition Facts



Properties

Glycemic Index:53.5, Glycemic Load:11.77, Inflammation Score:-7, Nutrition Score:26.490869770879%

Flavonoids

Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 5.63mg, Quercetin: 5.63mg, Quercetin: 5.63mg, Quercetin: 5.63mg

Nutrients (% of daily need)

Calories: 660.4kcal (33.02%), Fat: 39.83g (61.28%), Saturated Fat: 11.44g (71.52%), Carbohydrates: 36.61g (12.2%), Net Carbohydrates: 32.88g (11.96%), Sugar: 8.57g (9.52%), Cholesterol: 188.81mg (62.94%), Sodium: 1405.93mg (61.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.5g (82.99%), Vitamin K: 71.98µg (68.55%), Selenium: 42.7µg (61%), Vitamin B3: 10.96mg (54.81%), Phosphorus: 439.06mg (43.91%), Copper: 0.69mg (34.58%), Potassium: 1149.68mg (32.85%), Zinc: 4.51mg (30.07%), Manganese: 0.57mg (28.53%), Vitamin B1: 0.42mg (27.89%), Vitamin B6: 0.51mg (25.43%), Vitamin E: 3.6mg (23.97%), Iron: 4.2mg (23.36%), Vitamin C: 18.38mg (22.28%), Vitamin B12: 1.26µg (20.98%), Magnesium: 82.62mg (20.66%), Vitamin B2: 0.34mg (19.75%), Fiber: 3.73g (14.92%), Vitamin B5: 1.31mg (13.07%), Vitamin A: 652.71IU (13.05%), Calcium: 111.69mg (11.17%), Vitamin D: 1.59µg (10.58%), Folate: 31.53µg (7.88%)