



Creamy Fire-Roasted Tomato & Pesto Shrimp Capellini

READY IN



25 min.

SERVINGS



6

CALORIES



472 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 8 oz angel hair pasta uncooked (capellini)
- 3 tablespoons butter unsalted
- 1 lb shrimp frozen thawed deveined uncooked peeled
- 1 teaspoon garlic finely chopped
- 14.5 oz canned tomatoes diced fire roasted organic undrained canned
- 0.8 cup whipping cream
- 0.5 cup basil pesto refrigerated
- 0.5 teaspoon sea salt

- 6 tablespoons parmesan shredded grated
- 1 serving basil fresh

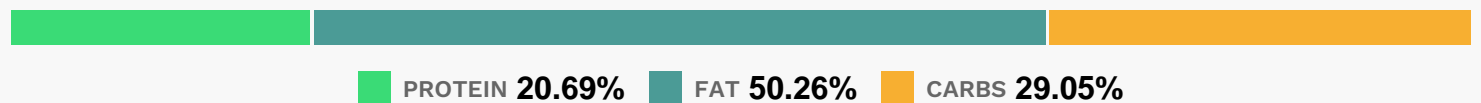
Equipment

- frying pan
- sauce pan

Directions

- Cook and drain pasta as directed on box. Return to saucepan; cover to keep warm.
- Meanwhile, in 12-inch nonstick skillet, melt butter over medium-high heat.
- Add shrimp and garlic; cook 3 to 4 minutes, stirring frequently, until shrimp are pink.
- Remove shrimp from skillet; cover to keep warm.
- Place tomatoes, whipping cream, pesto and salt in skillet; mix well. Bring to a boil. Reduce heat to medium-low; simmer, stirring frequently, 8 to 10 minutes until sauce thickens.
- Remove from heat; stir in shrimp.
- Add shrimp mixture to pasta; toss gently to coat.
- Place on individual plates.
- Sprinkle each with cheese.
- Garnish with basil.

Nutrition Facts



Properties

Glycemic Index:28.17, Glycemic Load:11.44, Inflammation Score:-7, Nutrition Score:10.329130514808%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 471.99kcal (23.6%), Fat: 26.32g (40.49%), Saturated Fat: 12.76g (79.77%), Carbohydrates: 34.22g (11.41%), Net Carbohydrates: 32.14g (11.69%), Sugar: 4.17g (4.64%), Cholesterol: 175.43mg (58.48%), Sodium: 673.76mg (29.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.38g (48.76%), Selenium: 26.05µg (37.21%), Phosphorus: 287.81mg (28.78%), Vitamin A: 1359.62IU (27.19%), Copper: 0.41mg (20.69%), Manganese: 0.39mg (19.29%), Calcium: 192.28mg (19.23%), Magnesium: 51.26mg (12.81%), Zinc: 1.77mg (11.8%), Potassium: 321.44mg (9.18%), Fiber: 2.08g (8.33%), Iron: 1.47mg (8.15%), Vitamin B2: 0.1mg (5.79%), Vitamin D: 0.61µg (4.04%), Vitamin B6: 0.08mg (3.78%), Vitamin B3: 0.68mg (3.42%), Vitamin E: 0.49mg (3.28%), Vitamin B1: 0.04mg (2.89%), Vitamin K: 2.96µg (2.82%), Vitamin B5: 0.27mg (2.73%), Folate: 8.8µg (2.2%), Vitamin B12: 0.12µg (1.99%), Vitamin C: 1.63mg (1.97%)