



## 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)
- 0.5 cup basil pesto refrigerated
- 14.5 oz canned tomatoes diced fire roasted organic undrained canned
- 6 servings basil fresh
- 1 teaspoon garlic finely chopped
- 6 tablespoons parmesan shredded grated
- 0.5 teaspoon sea salt
- 1 lb shrimp frozen thawed deveined uncooked peeled

- 3 tablespoons butter unsalted
- 0.8 cup whipping cream

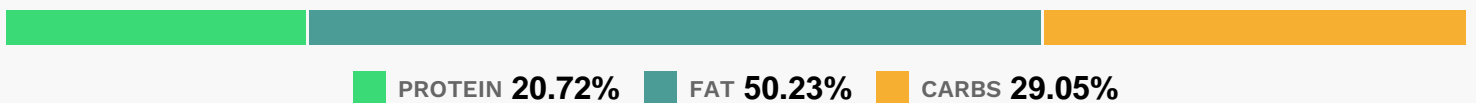
## Equipment

- 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:11.45, Inflammation Score:-7, Nutrition Score:10.850869665975%

## 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: 472.38kcal (23.62%), Fat: 26.33g (40.5%), Saturated Fat: 12.76g (79.77%), Carbohydrates: 34.27g (11.42%), Net Carbohydrates: 32.15g (11.69%), Sugar: 4.18g (4.64%), Cholesterol: 175.43mg (58.48%), Sodium: 673.83mg (29.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.43g (48.86%), Selenium: 26.05µg (37.22%), Vitamin A: 1447.54IU (28.95%), Phosphorus: 288.74mg (28.87%), Copper: 0.42mg (21.01%), Manganese: 0.41mg (20.25%), Calcium: 195.23mg (19.52%), Magnesium: 52.33mg (13.08%), Zinc: 1.78mg (11.89%), Vitamin K: 9.87µg (9.4%), Potassium: 326.36mg (9.32%), Iron: 1.52mg (8.44%), Fiber: 2.11g (8.44%), Vitamin B2: 0.1mg (5.86%), Vitamin D: 0.61µg (4.04%), Vitamin B6: 0.08mg (3.91%), Vitamin B3: 0.7mg (3.5%), Vitamin E: 0.51mg (3.37%), Vitamin B1: 0.04mg (2.93%), Vitamin B5: 0.28mg (2.76%), Folate: 9.93µg (2.48%), Vitamin C: 1.93mg (2.34%), Vitamin B12: 0.12µg (1.99%)