



Creamy linguine with prawns

READY IN



20 min.

SERVINGS



2

CALORIES



487 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 175 g pasta
- ☐ 2 tsp olive oil
- ☐ 1 garlic clove finely sliced
- ☐ 100 ml wine
- ☐ 2 tbsp crème fraîche reduced-fat
- ☐ 0.5 juice of lemon to taste (or)
- ☐ 150 g shrimp raw peeled
- ☐ 1 small bunch chives finely chopped

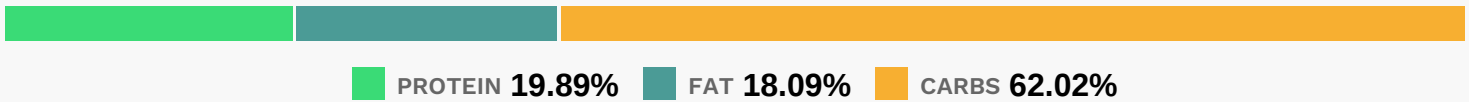
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ tongs

Directions

- ☐ Cook the pasta. Meanwhile, heat the oil in a pan and gently fry the garlic for 2 mins. Tip in the wine and bubble over a high heat for 1 min, then lower the heat and stir in the crme frache and lemon juice. Season to taste with salt and plenty of black pepper. Simmer for 1 min to reduce a little, then add the prawns and simmer in the sauce until just pink.
- ☐ Drain the pasta and tip into the sauce with half the chives. Use tongs to mix everything together. Divide between 2 shallow bowls and sprinkle with the remaining chives.

Nutrition Facts



Properties

Glycemic Index:66, Glycemic Load:26.62, Inflammation Score:-6, Nutrition Score:16.37304353714%

Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.29mg, Hesperetin: 1.29mg, Hesperetin: 1.29mg, Hesperetin: 1.29mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 487.49kcal (24.37%), Fat: 8.95g (13.76%), Saturated Fat: 2.17g (13.56%), Carbohydrates: 68.99g (23%), Net Carbohydrates: 66.09g (24.03%), Sugar: 3.47g (3.86%), Cholesterol: 101.58mg (33.86%), Sodium: 436.49mg (18.98%), Alcohol: 5.22g (100%), Alcohol %: 2.75% (100%), Protein: 22.13g (44.27%), Selenium: 78.23µg (111.76%), Manganese: 0.92mg (45.91%), Phosphorus: 370.68mg (37.07%), Copper: 0.4mg (20.12%), Magnesium: 70.81mg (17.7%), Vitamin B6: 0.3mg (15%), Vitamin B3: 2.92mg (14.59%), Vitamin B12: 0.86µg (14.29%), Zinc: 2.09mg

(13.96%), Vitamin E: 1.8mg (11.98%), Fiber: 2.9g (11.62%), Potassium: 350.59mg (10.02%), Folate: 34.87µg (8.72%), Iron: 1.53mg (8.49%), Calcium: 80.61mg (8.06%), Vitamin K: 7.69µg (7.32%), Vitamin B1: 0.1mg (7%), Vitamin B5: 0.7mg (6.98%), Vitamin A: 297.4IU (5.95%), Vitamin B2: 0.1mg (5.68%), Vitamin C: 4.64mg (5.62%)