



Diablo Shrimp Saute

READY IN



30 min.

SERVINGS



4

CALORIES



484 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 tablespoons butter
- 14.5 ounce canned tomatoes diced drained canned
- 1 clove garlic minced
- 1 jalapeno seeded chopped
- 2 tablespoons juice of lemon
- 8 ounce pasta
- 1 cup onion red chopped
- 1 pound shrimp deveined peeled
- 0.5 cup white wine

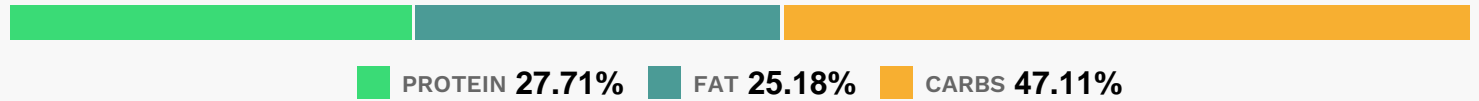
Equipment

- frying pan
- pot

Directions

- Bring a large pot of lightly salted water to a rolling boil. Cook the linguine at a boil, stirring occasionally, until the pasta is cooked through yet firm to the bite, about 11 minutes; drain.
- Melt butter in a large skillet over medium heat. Cook and stir onion and jalapeno pepper in melted butter until tender, about 3 minutes.
- Add shrimp, tomatoes, and garlic; cook and stir until shrimp are opaque, about 2 minutes more.
- Pour white wine and lemon juice over shrimp mixture; continue cooking until the sauce thickens, 3 to 5 minutes.
- Serve over cooked linguine.

Nutrition Facts



Properties

Glycemic Index:58.5, Glycemic Load:20.18, Inflammation Score:-7, Nutrition Score:17.678695674824%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 8.35mg, Quercetin: 8.35mg, Quercetin: 8.35mg, Quercetin: 8.35mg

Nutrients (% of daily need)

Calories: 484.39kcal (24.22%), Fat: 13.15g (20.23%), Saturated Fat: 7.53g (47.08%), Carbohydrates: 55.35g (18.45%), Net Carbohydrates: 50.76g (18.46%), Sugar: 8.37g (9.3%), Cholesterol: 212.67mg (70.89%), Sodium:

367.43mg (15.98%), Alcohol: 3.09g (100%), Alcohol %: 1.06% (100%), Protein: 32.56g (65.12%), Selenium: 36.95µg (52.78%), Manganese: 0.85mg (42.45%), Copper: 0.82mg (40.86%), Phosphorus: 405.74mg (40.57%), Magnesium: 98.74mg (24.68%), Vitamin C: 19.7mg (23.88%), Potassium: 829.39mg (23.7%), Fiber: 4.58g (18.33%), Zinc: 2.73mg (18.2%), Vitamin B6: 0.33mg (16.27%), Iron: 2.86mg (15.88%), Calcium: 136.91mg (13.69%), Vitamin A: 609.86IU (12.2%), Vitamin E: 1.82mg (12.11%), Vitamin B3: 2.36mg (11.81%), Vitamin B1: 0.15mg (10.23%), Folate: 34.35µg (8.59%), Vitamin K: 7.42µg (7.07%), Vitamin B2: 0.11mg (6.58%), Vitamin B5: 0.63mg (6.33%)