



Dinner Tonight: Linguine with Citrus-Roasted Shrimp

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



738 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 servings pepper black to taste
- ☐ 2 juice of lemon grated
- ☐ 1 juice of lime grated
- ☐ 1 pound long breadsticks
- ☐ 0.3 cup olive oil
- ☐ 4 servings salt
- ☐ 2 pounds shrimp shelled cleaned

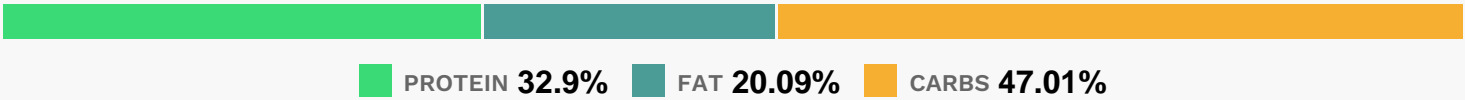
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ pot

Directions

- ☐ Preheat oven to 500°F. Bring a large pot of salted water to boil.
- ☐ In a small bowl, combine olive oil, zests, and juices. Season to taste with salt, then add shrimp and toss to coat.
- ☐ Cook pasta until al dente, reserving 1 cup of pasta cooking water before draining.
- ☐ In the meantime, on a large baking sheet, spread the shrimp in a single layer. Roast until just cooked though, 6–8 minutes.
- ☐ Remove the shrimp from the pan, reserving the juices.
- ☐ Return cooked pasta to its pot. Scrape the roasting juices into the pot along with a little pasta water. Over low heat, cook until the pasta water combines with the roasting juices to create a sauce. At the last moment, add the shrimp and toss to combine.
- ☐ Serve in deep, wide bowls with fresh black pepper.

Nutrition Facts



Properties

Glycemic Index:18.5, Glycemic Load:34.05, Inflammation Score:-4, Nutrition Score:21.716956661123%

Flavonoids

Eriodictyol: 0.9mg, Eriodictyol: 0.9mg, Eriodictyol: 0.9mg, Eriodictyol: 0.9mg Hesperetin: 2.84mg, Hesperetin: 2.84mg, Hesperetin: 2.84mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 738.25kcal (36.91%), Fat: 16.41g (25.25%), Saturated Fat: 2.41g (15.09%), Carbohydrates: 86.4g (28.8%), Net Carbohydrates: 82.68g (30.06%), Sugar: 3.53g (3.93%), Cholesterol: 365.14mg (121.71%), Sodium: 471.07mg (20.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 60.47g (120.94%), Selenium: 71.7µg (102.42%), Phosphorus: 702.07mg (70.21%), Copper: 1.22mg (61.02%), Manganese: 1.13mg (56.56%), Magnesium: 141.16mg (35.29%), Zinc: 4.65mg (31.02%), Potassium: 877.35mg (25.07%), Calcium: 171.61mg (17.16%), Iron: 2.76mg (15.33%), Fiber: 3.73g (14.92%), Vitamin E: 2.11mg (14.06%), Vitamin B3: 1.95mg (9.77%), Vitamin C: 8.06mg (9.76%), Vitamin B6: 0.17mg (8.55%), Vitamin K: 8.45µg (8.05%), Vitamin B1: 0.11mg (7.18%), Folate: 24.18µg (6.04%), Vitamin B5: 0.52mg (5.19%), Vitamin B2: 0.07mg (4.21%)