



Fast Lemon-Parsley Shrimp Pasta

READY IN



30 min.

SERVINGS



6

CALORIES



521 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 cup wine dry white
- 2 medium garlic clove finely chopped
- 6 servings kosher salt
- 1 teaspoon lemon zest finely grated (from 1 medium lemon)
- 1 pound pasta
- 2 tablespoons olive oil
- 0.3 cup parsley fresh italian coarsely chopped
- 0.3 teaspoon pepper red
- 1.5 pounds shrimp dry deveined peeled

- 4 tablespoons butter unsalted cut into 4 pieces ()

Equipment

- bowl
- frying pan
- pot
- colander

Directions

- Bring a large pot of generously salted water to a boil over high heat. Set a colander in the sink.
- Add the pasta to the boiling water and stir. About 4 minutes after adding the pasta to the water, heat the oil in a large frying pan over medium-high heat until shimmering.
- Add the garlic and red pepper flakes and cook, stirring frequently, just until fragrant, about 10 to 20 seconds.
- Add the shrimp and season with salt. Cook, stirring occasionally, until they're just starting to turn pink, about 1 minute. Turn up the heat to high and add the wine to the pan. Cook, stirring occasionally, until the alcohol smell has burned off, the liquid is slightly reduced, and the shrimp are cooked through and opaque, about 4 minutes. Meanwhile, make sure the pasta is cooked al dente, then drain, reserving 1/2 cup of the cooking water. Return the pasta to the pot and set the reserved cooking water aside.
- Remove the frying pan from the heat, add the butter and lemon zest, and stir until the butter has melted, about 1 minute.
- Transfer the shrimp and sauce to the pot with the pasta.
- Add the parsley and just enough of the pasta cooking water to make the mixture creamy with a thin layer of sauce visible on the bottom of the pot (start with about 1/4 cup); toss to combine. Taste and season with additional salt or add additional pasta cooking water as needed.
- Transfer the pasta to a serving dish or individual shallow bowls and top with grated Parmesan, if using.
- Serve immediately.

Nutrition Facts



■ PROTEIN 26.87% ■ FAT 25.7% ■ CARBS 47.43%

Properties

Glycemic Index:19.83, Glycemic Load:22.97, Inflammation Score:-6, Nutrition Score:16.541738953279%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 7.19mg, Apigenin: 7.19mg, Apigenin: 7.19mg, Apigenin: 7.19mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 520.91kcal (26.05%), Fat: 14g (21.54%), Saturated Fat: 5.77g (36.06%), Carbohydrates: 58.13g (19.38%), Net Carbohydrates: 55.52g (20.19%), Sugar: 2.47g (2.74%), Cholesterol: 202.64mg (67.55%), Sodium: 339.81mg (14.77%), Alcohol: 4.12g (100%), Alcohol %: 2.1% (100%), Protein: 32.94g (65.87%), Selenium: 48.08µg (68.68%), Vitamin K: 58.47µg (55.69%), Manganese: 0.8mg (40.09%), Phosphorus: 398.75mg (39.87%), Copper: 0.67mg (33.71%), Magnesium: 86.04mg (21.51%), Zinc: 2.69mg (17.96%), Potassium: 523.32mg (14.95%), Iron: 1.95mg (10.84%), Vitamin A: 539.01IU (10.78%), Fiber: 2.61g (10.46%), Calcium: 101.59mg (10.16%), Vitamin B6: 0.15mg (7.27%), Vitamin B3: 1.39mg (6.97%), Vitamin E: 1.03mg (6.87%), Vitamin C: 5.18mg (6.27%), Vitamin B1: 0.08mg (5.05%), Folate: 19.45µg (4.86%), Vitamin B5: 0.38mg (3.75%), Vitamin B2: 0.06mg (3.53%)