



Fettuccine with Lobster and Shrimp in a Shallot and Wine Sauce

READY IN



45 min.

SERVINGS



6

CALORIES



614 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 tablespoons arugula minced
- ☐ 1.5 cups cooking wine dry white
- ☐ 16 ounces fettuccine barilla uncooked
- ☐ 1 slices optional: lemon
- ☐ 0.3 cup juice of lemon fresh
- ☐ 6 servings garnish: one lobster steamed
- ☐ 24 ounce lobster tail pieces steamed
- ☐ 0.3 cup parsley italian minced

- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 0.3 teaspoon sea salt fine
- ☐ 4 large shallots diced
- ☐ 1.5 pounds shrimp
- ☐ 0.5 cup butter unsalted
- ☐ 6 cups water

Equipment

- ☐ frying pan

Directions

- ☐ Cut shell of lobster tail segments lengthwise on top and underside. Pry open tail segments; remove meat.
- ☐ Cut into bite-size pieces. Set aside.
- ☐ Bring 6 cups water to a boil; add shrimp, and cook 3 to 5 minutes or just until shrimp turn pink.
- ☐ Drain and rinse with cold water. Peel shrimp; devein, if desired. Set aside.
- ☐ Melt butter in a large skillet over medium-high heat (do not brown).
- ☐ Add shallots; saut until tender.
- ☐ Add wine, and cook over high heat 3 minutes. Stir in lemon juice; reduce heat, and simmer 1 minute.
- ☐ Remove from heat; stir in parsley and next 3 ingredients.
- ☐ Add lobster and shrimp to shallot mixture; cook over low heat until seafood is hot, stirring often.
- ☐ Cook pasta according to package directions; drain.
- ☐ Add hot cooked pasta to seafood mixture; toss well.
- ☐ Serve with lemon slices.
- ☐ Garnish, if desired.

Nutrition Facts



 **PROTEIN 27.75%**  **FAT 30.77%**  **CARBS 41.48%**

Properties

Glycemic Index:35.08, Glycemic Load:23.64, Inflammation Score:-8, Nutrition Score:23.72173914702%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Eriodictyol: 0.75mg, Eriodictyol: 0.75mg, Eriodictyol: 0.75mg, Eriodictyol: 0.75mg Hesperetin: 2.04mg, Hesperetin: 2.04mg, Hesperetin: 2.04mg, Hesperetin: 2.04mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg Kaempferol: 2.62mg, Kaempferol: 2.62mg, Kaempferol: 2.62mg, Kaempferol: 2.62mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 614.48kcal (30.72%), Fat: 19.64g (30.22%), Saturated Fat: 10.8g (67.51%), Carbohydrates: 59.6g (19.87%), Net Carbohydrates: 56.26g (20.46%), Sugar: 3.78g (4.2%), Cholesterol: 328.34mg (109.45%), Sodium: 408.72mg (17.77%), Alcohol: 6.18g (100%), Alcohol %: 1.36% (100%), Protein: 39.86g (79.72%), Selenium: 80.9µg (115.57%), Copper: 1.18mg (59.07%), Phosphorus: 509.49mg (50.95%), Vitamin K: 51.41µg (48.96%), Manganese: 0.87mg (43.63%), Zinc: 4.38mg (29.17%), Magnesium: 113.94mg (28.49%), Potassium: 707.59mg (20.22%), Vitamin A: 909.4IU (18.19%), Calcium: 166.74mg (16.67%), Iron: 2.77mg (15.4%), Vitamin B6: 0.3mg (14.96%), Fiber: 3.33g (13.34%), Vitamin B5: 1.32mg (13.2%), Vitamin C: 10.32mg (12.51%), Vitamin B3: 2.28mg (11.41%), Folate: 45.19µg (11.3%), Vitamin B12: 0.66µg (11.01%), Vitamin B1: 0.16mg (10.5%), Vitamin E: 1.08mg (7.2%), Vitamin B2: 0.1mg (6.02%), Vitamin D: 0.51µg (3.4%)