



Fresh Pesto Shrimp Pasta

READY IN



25 min.

SERVINGS



6

CALORIES



592 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 pound pasta like spaghetti cooked
- ☐ 0.3 cup cooking wine dry white plus more if needed
- ☐ 1 cup basil leaves fresh
- ☐ 0.3 cup mint leaves fresh
- ☐ 1 tablespoon parsley fresh minced
- ☐ 2 tablespoons garlic minced
- ☐ 2 tablespoons grapeseed oil
- ☐ 1 cup heavy cream
- ☐ 0.3 cup olive oil

- ☐ 0.5 cup parmesan grated
- ☐ 0.3 cup pinenuts
- ☐ 2 tablespoons onion red minced
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 2 pounds count shrimp deveined peeled
- ☐ 0.3 cup thin- tomato skin julienned

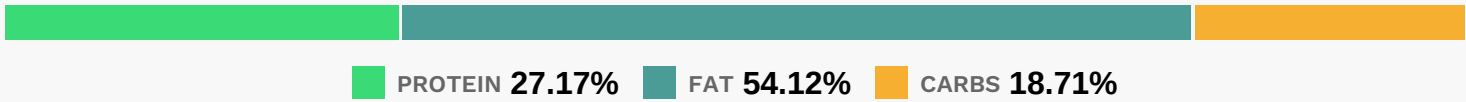
Equipment

- ☐ food processor
- ☐ frying pan

Directions

- ☐ For the pesto: In a food processor, puree the nuts, garlic and 2 tablespoons olive oil until smooth. Next, add the basil and mint and pulse until the leaves are minced.
- ☐ Add the cheese and pulse 4 to 5 times. Finally, drizzle in the remaining 2 tablespoons olive oil to finish.
- ☐ For the pasta: In saute pan over high heat, add the grapeseed oil and allow to come to the verge of smoking. Next, add the shrimp and reduce the heat to medium. Continue to cook the shrimp until medium doneness, about 2 minutes, stirring throughout the time. After the shrimp are medium, add the onions and allow to cook until translucent, another 2 minutes.
- ☐ Add 1/4 cup pesto, stir, and then deglaze the pan with the white wine.
- ☐ Add the heavy cream and allow to reduce by half the volume, 2 to 3 minutes. Finally, add the pasta and stir. Finish seasoning with salt, pepper and additional wine if necessary. Allow to warm for 2 minutes, and then portion and serve. Top with the parsley and tomatoes.

Nutrition Facts



Properties

Glycemic Index:62.25, Glycemic Load:11.19, Inflammation Score:-7, Nutrition Score:17.465217331181%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg Hesperetin: 0.23mg, Hesperetin: 0.23mg, Hesperetin: 0.23mg, Hesperetin: 0.23mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 1.55mg, Apigenin: 1.55mg, Apigenin: 1.55mg, Apigenin: 1.55mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 591.51kcal (29.58%), Fat: 35.54g (54.68%), Saturated Fat: 12.76g (79.73%), Carbohydrates: 27.65g (9.22%), Net Carbohydrates: 25.63g (9.32%), Sugar: 2.3g (2.55%), Cholesterol: 293.92mg (97.97%), Sodium: 327.72mg (14.25%), Alcohol: 1.03g (100%), Alcohol %: 0.4% (100%), Protein: 40.15g (80.29%), Phosphorus: 493.08mg (49.31%), Manganese: 0.94mg (47%), Copper: 0.79mg (39.26%), Vitamin K: 38.15µg (36.33%), Selenium: 23.49µg (33.55%), Calcium: 248.01mg (24.8%), Vitamin E: 3.67mg (24.45%), Magnesium: 94.34mg (23.58%), Zinc: 3.22mg (21.46%), Vitamin A: 1049.19IU (20.98%), Potassium: 576.31mg (16.47%), Iron: 2.59mg (14.4%), Vitamin B2: 0.15mg (8.56%), Fiber: 2.02g (8.07%), Vitamin B6: 0.12mg (6.02%), Vitamin C: 4.42mg (5.35%), Vitamin D: 0.68µg (4.51%), Folate: 17.01µg (4.25%), Vitamin B1: 0.06mg (4%), Vitamin B3: 0.75mg (3.73%), Vitamin B5: 0.29mg (2.9%), Vitamin B12: 0.16µg (2.72%)