



## Garlic Shrimp Linguine

 Popular

READY IN



30 min.

SERVINGS



8

CALORIES



283 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 tablespoon butter
- 1 teaspoon parsley fresh chopped
- 3 cloves garlic minced
- 1 pound pasta uncooked
- 2 teaspoons parmesan cheese grated
- 1 pinch salt and pepper to taste
- 1 pound shrimp deveined peeled
- 3 tablespoons white wine

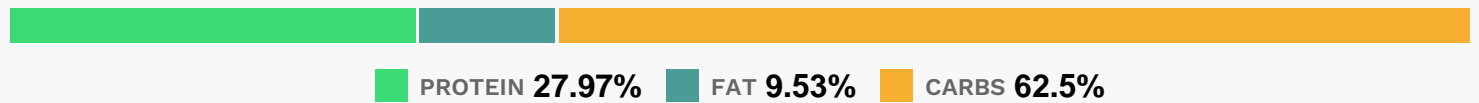
## Equipment

- sauce pan
- pot

## Directions

- Bring a large pot of lightly salted water to a boil.
- Add pasta and cook for 8 to 10 minutes or until al dente; drain.
- In a medium saucepan, melt butter over medium low heat; add wine, cheese, garlic, parsley and salt and pepper to taste. Simmer over low heat for 3 to 5 minutes, stirring frequently.
- Increase heat to medium high and add shrimp to saucepan; cook for about 3 to 4 minutes or until shrimp begins to turn pink. Do not overcook.
- Divide pasta into portions and spoon sauce on top; garnish with Parmesan cheese and fresh parsley, if desired.

## Nutrition Facts



## Properties

Glycemic Index:21.13, Glycemic Load:17.15, Inflammation Score:-2, Nutrition Score:8.6656522080302%

## Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 282.58kcal (14.13%), Fat: 2.92g (4.49%), Saturated Fat: 1.31g (8.16%), Carbohydrates: 43.01g (14.34%), Net Carbohydrates: 41.17g (14.97%), Sugar: 1.58g (1.76%), Cholesterol: 96.12mg (32.04%), Sodium: 109.01mg (4.74%), Alcohol: 0.58g (100%), Alcohol %: 0.6% (100%), Protein: 19.25g (38.49%), Selenium: 36.45µg (52.07%), Manganese: 0.57mg (28.26%), Phosphorus: 239.47mg (23.95%), Copper: 0.39mg (19.48%), Magnesium: 51.21mg (12.8%), Zinc: 1.63mg (10.89%), Potassium: 287.39mg (8.21%), Fiber: 1.84g (7.35%), Calcium: 62.07mg (6.21%), Iron: 1.07mg (5.96%), Vitamin B6: 0.1mg (4.92%), Vitamin B3: 0.98mg (4.9%), Vitamin B1: 0.05mg (3.6%), Folate: 10.44µg (2.61%),

Vitamin B5: 0.26mg (2.6%), Vitamin B2: 0.04mg (2.41%), Vitamin A: 55.55IU (1.11%)