



Greek-Style Shrimp Linguine

READY IN



20 min.

SERVINGS



4

CALORIES



434 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 14.5 ounce canned tomatoes diced undrained canned
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 3 ounces feta cheese crumbled
- ☐ 2 tablespoons flatleaf parsley fresh chopped
- ☐ 4 garlic cloves minced
- ☐ 8 ounces pasta uncooked
- ☐ 1 tablespoon olive oil
- ☐ 1 teaspoon oregano dried
- ☐ 1 pound shrimp deveined peeled

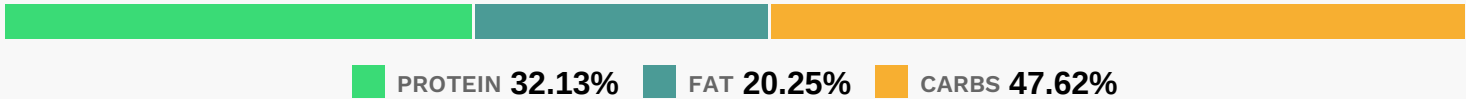
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Cook linguine according to package directions.
- ☐ Meanwhile, heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add the shrimp, minced garlic, dried oregano, and red pepper; stir-fry 2 minutes.
- ☐ Add the tomatoes; reduce heat and simmer, uncovered, until shrimp is opaque, about 3 minutes.
- ☐ Drain linguine; return to the same pot.
- ☐ Add shrimp mixture and cheese to the linguine; toss well, and transfer to 4 serving plates. Top with parsley or basil.
- ☐ Wine note: The zesty shrimp linguine will match beautifully with the herbal notes and lively acidity of an Italian red from the Barbera grape. Look for Pio Cesare Barbera d'Alba, about \$

Nutrition Facts



Properties

Glycemic Index:43.5, Glycemic Load:19.65, Inflammation Score:-8, Nutrition Score:20.710869553296%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 433.78kcal (21.69%), Fat: 9.86g (15.17%), Saturated Fat: 3.64g (22.75%), Carbohydrates: 52.18g (17.39%), Net Carbohydrates: 48.03g (17.46%), Sugar: 6.11g (6.79%), Cholesterol: 201.49mg (67.16%), Sodium: 520.26mg (22.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.2g (70.41%), Selenium: 40.12µg (57.31%), Phosphorus: 461.24mg (46.12%), Vitamin K: 44.08µg (41.99%), Manganese: 0.83mg (41.59%), Copper: 0.82mg

(40.92%), Magnesium: 97.62mg (24.4%), Calcium: 240.87mg (24.09%), Potassium: 771.98mg (22.06%), Zinc: 3.28mg (21.89%), Vitamin B6: 0.37mg (18.58%), Iron: 3.2mg (17.78%), Fiber: 4.15g (16.61%), Vitamin B2: 0.28mg (16.23%), Vitamin C: 13.06mg (15.83%), Vitamin E: 2.05mg (13.64%), Vitamin B3: 2.52mg (12.58%), Vitamin B1: 0.17mg (11.32%), Vitamin A: 524.99IU (10.5%), Folate: 34.72µg (8.68%), Vitamin B5: 0.77mg (7.67%), Vitamin B12: 0.36µg (5.99%)