



Gremolata prawn pasta

READY IN



20 min.

SERVINGS



2

CALORIES



552 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 175 g tagliatelle
- ☐ 1 large garlic clove
- ☐ 0.5 lemon zest
- ☐ 1 small bunch parsley
- ☐ 1 large handful arugula
- ☐ 50 ml olive oil extra virgin for frying extra-virgin
- ☐ 1 knob butter
- ☐ 200 g shrimp raw peeled
- ☐ 1 pinch pepper good

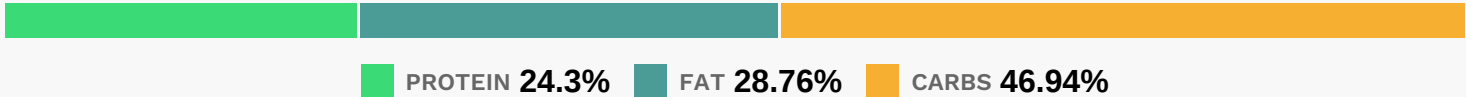
Equipment

- ☐ food processor
- ☐ frying pan

Directions

- ☐ Cook the pasta in a large pan of salted boiling water following pack instructions until al dente.
- ☐ Meanwhile, make the gremolata. In a food processor (or by hand), finely chop the garlic with the zest, parsley (include the stalks) and rocket. Season generously, add the oil and lemon juice, and mix to make a juicy paste. Set aside.
- ☐ Melt the knob of butter with a small splash of oil in a frying pan, add the prawns and fry quickly on each side.
- ☐ Add the chilli flakes and cook for 1 min or so more until the prawns are cooked.
- ☐ Drain the pasta and return to the pan.
- ☐ Add the gremolata and the chilli prawns, toss well to coat and check the seasoning. Divide

Nutrition Facts



Properties

Glycemic Index:94, Glycemic Load:26.65, Inflammation Score:-10, Nutrition Score:28.132173869921%

Flavonoids

Apigenin: 61.43mg, Apigenin: 61.43mg, Apigenin: 61.43mg, Apigenin: 61.43mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.92mg, Kaempferol: 3.92mg, Kaempferol: 3.92mg, Kaempferol: 3.92mg Myricetin: 4.25mg, Myricetin: 4.25mg, Myricetin: 4.25mg, Myricetin: 4.25mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

Nutrients (% of daily need)

Calories: 552.48kcal (27.62%), Fat: 17.79g (27.36%), Saturated Fat: 7.21g (45.06%), Carbohydrates: 65.3g (21.77%), Net Carbohydrates: 61.1g (22.22%), Sugar: 2.18g (2.42%), Cholesterol: 257.08mg (85.69%), Sodium: 224.81mg (9.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.81g (67.62%), Vitamin K: 482.3µg (459.33%), Selenium: 69.35µg (99.07%), Vitamin A: 2970.5IU (59.41%), Vitamin C: 41.81mg (50.68%), Phosphorus: 451.75mg

(45.17%), Manganese: 0.88mg (44.24%), Copper: 0.71mg (35.37%), Magnesium: 105.58mg (26.4%), Iron: 4.17mg (23.16%), Zinc: 3.4mg (22.7%), Folate: 78.96µg (19.74%), Potassium: 684.25mg (19.55%), Fiber: 4.2g (16.78%), Calcium: 157.41mg (15.74%), Vitamin B6: 0.24mg (12.22%), Vitamin B1: 0.18mg (12.15%), Vitamin B3: 2.27mg (11.34%), Vitamin E: 1.51mg (10.04%), Vitamin B5: 0.98mg (9.81%), Vitamin B2: 0.12mg (7.19%), Vitamin B12: 0.27µg (4.53%), Vitamin D: 0.26µg (1.75%)