



Lemon and Shrimp Capellini

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



465 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.8 pound capellini pasta dried (angel hair)
- ☐ 2 teaspoons coriander seeds
- ☐ 0.5 cup cooking wine dry white
- ☐ 6 cups fat-skimmed chicken broth
- ☐ 1 teaspoon fennel seeds
- ☐ 0.5 cup green onions fresh minced
- ☐ 0.5 teaspoon fresh-ground pepper
- ☐ 1 optional: lemon

- ☐ 4 servings lemon wedges
- ☐ 4 servings salt
- ☐ 1 pound shrimp frozen shelled thawed deveined rinsed uncooked drained per lb.), and

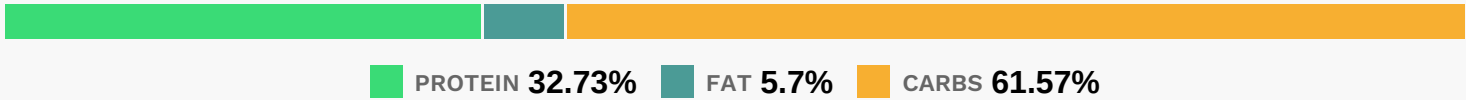
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Rinse lemon; trim and discard thin slices from each end. Thinly slice lemon, saving the juice; discard seeds and finely chop fruit. Put fruit and juice in a 5- to 6-quart pan.
- ☐ Add coriander seeds, fennel seeds, pepper, broth, and wine. Bring to a boil over high heat.
- ☐ Add pasta, stir, then add shrimp; stir often until pasta is tender to bite and shrimp are opaque but still moist-looking in center of thickest part (cut to test), about 5 minutes.
- ☐ Add chives. Using two forks, lift pasta mixture to mix, then transfer equally to wide bowls, adding any remaining broth.
- ☐ Garnish with lemon wedges to squeeze over portions; add salt to taste.

Nutrition Facts



Properties

Glycemic Index:46.25, Glycemic Load:26.18, Inflammation Score:-6, Nutrition Score:19.313043480334%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 5.98mg, Eriodictyol: 5.98mg, Eriodictyol: 5.98mg, Eriodictyol: 5.98mg Hesperetin: 7.93mg, Hesperetin: 7.93mg, Hesperetin: 7.93mg, Hesperetin: 7.93mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 465.09kcal (23.25%), Fat: 2.82g (4.34%), Saturated Fat: 0.38g (2.4%), Carbohydrates: 68.56g (22.85%), Net Carbohydrates: 64.25g (23.36%), Sugar: 3.86g (4.29%), Cholesterol: 182.57mg (60.86%), Sodium: 1729.53mg (75.2%), Alcohol: 3.09g (100%), Alcohol %: 0.65% (100%), Protein: 36.44g (72.89%), Selenium: 61.7µg (88.15%), Manganese: 1mg (50.05%), Phosphorus: 460.57mg (46.06%), Copper: 0.79mg (39.59%), Magnesium: 101.17mg (25.29%), Vitamin C: 18.06mg (21.89%), Potassium: 690.42mg (19.73%), Zinc: 2.94mg (19.58%), Vitamin B3: 3.49mg (17.46%), Fiber: 4.31g (17.25%), Iron: 2.78mg (15.46%), Calcium: 132.93mg (13.29%), Vitamin B12: 0.68µg (11.35%), Vitamin B6: 0.22mg (10.79%), Vitamin K: 11.26µg (10.73%), Vitamin B5: 0.86mg (8.62%), Vitamin B2: 0.14mg (8.44%), Vitamin B1: 0.12mg (8.11%), Folate: 27.39µg (6.85%), Vitamin A: 225.85IU (4.52%)