



Lemon-Pepper Shrimp Linguini

READY IN



45 min.

SERVINGS



4

CALORIES



521 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons butter chilled cut into small pieces
- ☐ 4 cups pasta hot cooked uncooked (8 ounces pasta)
- ☐ 1 cup less-sodium chicken broth fat-free
- ☐ 0.3 cup parsley fresh chopped
- ☐ 3 garlic cloves minced
- ☐ 1.5 teaspoons coarsely ground pepper black
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 teaspoon lemon rind grated
- ☐ 1 cup fumè blanc dry white

- ☐ 1 tablespoon olive oil
- ☐ 2 teaspoons pinenuts toasted
- ☐ 0.8 teaspoon salt divided
- ☐ 1.5 pounds shrimp deveined peeled

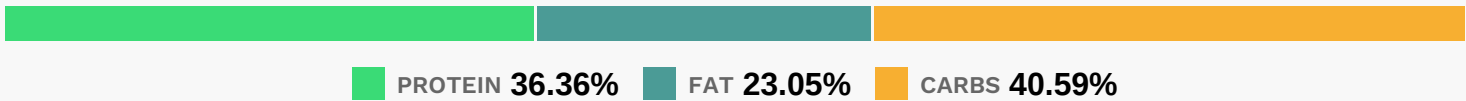
Equipment

- ☐ frying pan
- ☐ slotted spoon

Directions

- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add shrimp; sprinkle with 1/2 teaspoon salt, and saut 4 minutes. Stir in garlic; cook 45 seconds.
- ☐ Remove shrimp with a slotted spoon; set aside.
- ☐ Add the remaining 1/4 teaspoon salt, wine, broth, lemon rind, lemon juice, and pepper. Bring to a boil; cook until reduced to 1 1/2 cups (about 8 minutes). Stir in shrimp and butter; cook over high heat 2 minutes or until shrimp is done. Stir in pasta and parsley; cook until thoroughly heated.
- ☐ Sprinkle with pine nuts.

Nutrition Facts



Properties

Glycemic Index:51.88, Glycemic Load:21.01, Inflammation Score:-6, Nutrition Score:18.253913112309%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.33mg, Hesperetin: 1.33mg, Hesperetin: 1.33mg, Hesperetin: 1.33mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg

Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg
Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 521.48kcal (26.07%), Fat: 12.26g (18.86%), Saturated Fat: 4.58g (28.61%), Carbohydrates: 48.58g (16.19%),
Net Carbohydrates: 45.5g (16.54%), Sugar: 1.78g (1.98%), Cholesterol: 288.91mg (96.3%), Sodium: 922.84mg
(40.12%), Alcohol: 6.18g (100%), Alcohol %: 1.71% (100%), Protein: 43.51g (87.02%), Vitamin K: 66.14µg (62.99%),
Selenium: 40.04µg (57.2%), Phosphorus: 480.04mg (48%), Copper: 0.86mg (43.04%), Manganese: 0.83mg
(41.44%), Magnesium: 99.11mg (24.78%), Zinc: 3.25mg (21.69%), Iron: 3.42mg (18.98%), Potassium: 628.55mg
(17.96%), Calcium: 142.52mg (14.25%), Fiber: 3.08g (12.33%), Vitamin C: 9.24mg (11.21%), Vitamin A: 496.13IU
(9.92%), Vitamin B6: 0.15mg (7.4%), Vitamin E: 0.9mg (5.98%), Vitamin B3: 1.09mg (5.45%), Folate: 19.33µg (4.83%),
Vitamin B2: 0.06mg (3.74%), Vitamin B1: 0.05mg (3.37%), Vitamin B5: 0.32mg (3.19%), Vitamin B12: 0.13µg (2.09%)