



Lemony Garlic Shrimp with Pasta

READY IN



145 min.

SERVINGS



6

CALORIES



579 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce angel hair pasta
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 0.5 cup parsley fresh chopped
- ☐ 3 tablespoons garlic minced
- ☐ 0.8 cup kosher salt
- ☐ 0.3 cup juice of lemon
- ☐ 1 tablespoon lemon zest
- ☐ 0.3 cup olive oil
- ☐ 0.5 teaspoon pepper flakes red crushed

- ☐ 2 pounds shrimp deveined peeled per pound)
- ☐ 0.3 cup butter unsalted
- ☐ 1 gallon water cold
- ☐ 0.3 cup white wine

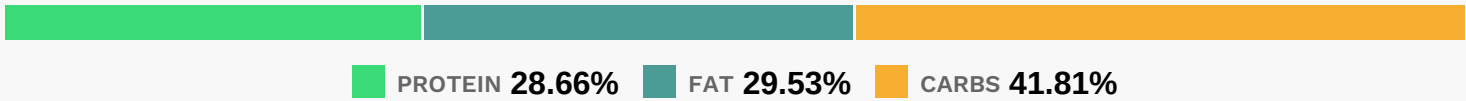
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ pot
- ☐ colander

Directions

- ☐ Dissolve the kosher salt in 1 gallon of water in a large pot.
- ☐ Add the shrimp, and refrigerate 2 to 4 hours.
- ☐ Drain and pat shrimp dry with paper towels.
- ☐ Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the angel hair pasta, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through but is still firm to the bite, 4 to 5 minutes.
- ☐ Drain well in a colander set in the sink.
- ☐ Meanwhile, melt the butter and olive oil in a large skillet over medium-low heat. Stir in the garlic, and cook until softened, 3 to 4 minutes.
- ☐ Add the shrimp, white wine, lemon juice, and red pepper flakes. Cook and stir until the shrimp is no longer translucent in the center, about 6 minutes. Stir in the black pepper, parsley, and lemon zest before tossing with the angel hair pasta.

Nutrition Facts



Properties

Glycemic Index:25.17, Glycemic Load:23.21, Inflammation Score:-7, Nutrition Score:21.003478183695%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.52mg, Hesperetin: 1.52mg, Hesperetin: 1.52mg, Hesperetin: 1.52mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.81mg, Myricetin: 0.81mg, Myricetin: 0.81mg, Myricetin: 0.81mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 579.07kcal (28.95%), Fat: 18.71g (28.78%), Saturated Fat: 6.49g (40.54%), Carbohydrates: 59.6g (19.87%), Net Carbohydrates: 56.65g (20.6%), Sugar: 2.55g (2.83%), Cholesterol: 263.76mg (87.92%), Sodium: 14371mg (624.83%), Alcohol: 1.37g (100%), Alcohol %: 0.18% (100%), Protein: 40.85g (81.7%), Vitamin K: 89µg (84.76%), Selenium: 48.56µg (69.38%), Phosphorus: 482.09mg (48.21%), Copper: 0.95mg (47.58%), Manganese: 0.92mg (45.85%), Magnesium: 106.26mg (26.57%), Zinc: 3.33mg (22.23%), Potassium: 645.98mg (18.46%), Calcium: 162.01mg (16.2%), Vitamin C: 13.12mg (15.91%), Vitamin A: 710.27IU (14.21%), Iron: 2.43mg (13.52%), Fiber: 2.95g (11.79%), Vitamin E: 1.72mg (11.49%), Vitamin B6: 0.18mg (8.96%), Vitamin B3: 1.43mg (7.17%), Folate: 24.01µg (6%), Vitamin B1: 0.09mg (5.69%), Vitamin B5: 0.41mg (4.09%), Vitamin B2: 0.06mg (3.79%)