



## Linguine with Cajun-Spiced Shrimp and Corn

READY IN



45 min.

SERVINGS



6

CALORIES



527 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 0.5 cup butter
- ☐ 1 teaspoon chipotle chile peppers in adobo sauce canned finely chopped
- ☐ 1 tablespoon liquid shrimp and crab boil seasoning
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1 teaspoon garlic minced
- ☐ 0.5 cup half-and-half
- ☐ 1.5 tablespoons juice of lime fresh
- ☐ 1 teaspoon oregano dried
- ☐ 16 ounce linguine pasta

- ☐ 0.3 cup bell pepper   diced sweet red
- ☐ 0.3 cup onion   diced red
- ☐ 1 teaspoon sea salt
- ☐ 1 pound shrimp   deveined peeled
- ☐ 0.5 cup kernel corn   whole canned drained

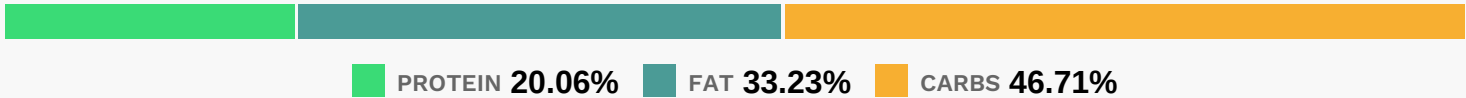
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ pot

Directions

- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Add linguine and cook until al dente, 8 to 10 minutes; drain.
- ☐ Place shrimp and crab boil into a large saucepan. Fill with water to 1 inch above the shrimp, and bring to a boil over high heat. Boil for 3 minutes until shrimp turn pink, then drain.
- ☐ Meanwhile, melt butter in a large skillet over medium-high heat. Stir in garlic, and red onion, cook until the onion softens and turns translucent, about 4 minutes. Stir in bell pepper, corn, lime juice, cilantro, oregano, chipotle pepper, and salt. Stir in the half-and-half, and bring to a simmer. Once the mixture is simmering, stir in shrimp, and toss with the drained pasta.

Nutrition Facts



Properties

Glycemic Index:36.33, Glycemic Load:23.04, Inflammation Score:-7, Nutrition Score:14.794347840807%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.06mg, Kaempferol:

0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg

Nutrients (% of daily need)

Calories: 526.94kcal (26.35%), Fat: 19.47g (29.95%), Saturated Fat: 11.49g (71.82%), Carbohydrates: 61.58g (20.53%), Net Carbohydrates: 58.5g (21.27%), Sugar: 3.75g (4.16%), Cholesterol: 169.44mg (56.48%), Sodium: 637.57mg (27.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.44g (52.88%), Selenium: 48.81µg (69.72%), Manganese: 0.82mg (40.95%), Phosphorus: 341.2mg (34.12%), Copper: 0.54mg (26.77%), Magnesium: 75.04mg (18.76%), Vitamin A: 837.65IU (16.75%), Vitamin C: 13.05mg (15.82%), Zinc: 2.29mg (15.24%), Potassium: 460.2mg (13.15%), Fiber: 3.07g (12.29%), Calcium: 106.97mg (10.7%), Iron: 1.87mg (10.37%), Vitamin K: 9.99µg (9.51%), Vitamin B6: 0.17mg (8.64%), Vitamin B3: 1.55mg (7.75%), Folate: 26.08µg (6.52%), Vitamin B2: 0.11mg (6.27%), Vitamin B1: 0.09mg (5.99%), Vitamin E: 0.79mg (5.24%), Vitamin B5: 0.45mg (4.54%), Vitamin B12: 0.07µg (1.17%)