



## Linguine with Peppery Shrimp

 Gluten Free  Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



322 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1.5 teaspoons pepper black freshly ground
- 3 tablespoons butter
- 1 tablespoon thyme sprigs fresh divided chopped
- 4 teaspoons kosher salt divided
- 3 tablespoons juice of lemon fresh
- 0.5 teaspoon lemon zest grated
- 8 ounces quinoa gluten-free uncooked (such as Ancient Harvest)
- 2 pounds shrimp deveined peeled

6 quarts water

## Equipment

frying pan

sauce pan

whisk

## Directions

Combine shrimp, 1/2 teaspoon salt, and pepper, tossing to coat shrimp.

Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.

Add shrimp; saut 4 minutes or until shrimp are done.

Combine rind and juice in a small saucepan over medium heat; add 2 teaspoons thyme. Bring to a boil; add butter, stirring constantly with a whisk until butter melts. Bring 6 quarts water to a boil; stir in 1 tablespoon salt.

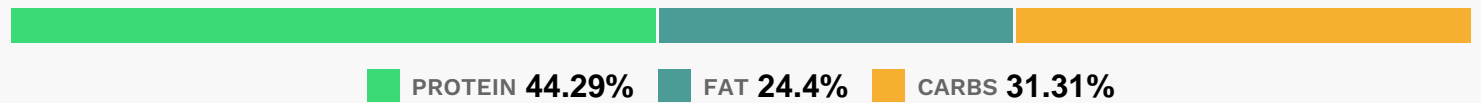
Add pasta; cook 10 minutes or until al dente.

Drain, reserving 2 tablespoons pasta water.

Add shrimp, butter mixture, reserved pasta water, and remaining 1/2 teaspoon salt to pasta, tossing to coat.

Sprinkle with remaining 1 teaspoon thyme.

## Nutrition Facts



## Properties

Glycemic Index:21.17, Glycemic Load:0.12, Inflammation Score:-8, Nutrition Score:14.690000034545%

## Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 321.97kcal (16.1%), Fat: 8.8g (13.53%), Saturated Fat: 4.03g (25.21%), Carbohydrates: 25.41g (8.47%), Net Carbohydrates: 22.43g (8.16%), Sugar: 0.2g (0.23%), Cholesterol: 258.48mg (86.16%), Sodium: 1824.75mg (79.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.93g (71.87%), Phosphorus: 500.63mg (50.06%), Copper: 0.98mg (49.06%), Manganese: 0.91mg (45.35%), Magnesium: 140.22mg (35.06%), Zinc: 3.33mg (22.23%), Potassium: 635.71mg (18.16%), Folate: 71.89µg (17.97%), Iron: 2.79mg (15.49%), Calcium: 153.18mg (15.32%), Fiber: 2.98g (11.9%), Vitamin B6: 0.19mg (9.68%), Vitamin B1: 0.14mg (9.3%), Vitamin B2: 0.13mg (7.66%), Vitamin E: 1.1mg (7.34%), Vitamin C: 4.99mg (6.04%), Vitamin A: 238.92IU (4.78%), Selenium: 3.32µg (4.74%), Vitamin B5: 0.32mg (3.22%), Vitamin B3: 0.61mg (3.06%), Vitamin K: 1.31µg (1.25%)