



Linguine with Peppery Shrimp

READY IN



38 min.

SERVINGS



4

CALORIES



347 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.5 teaspoons pepper black freshly ground
- ☐ 2 tablespoons butter
- ☐ 2 teaspoons thyme sprigs fresh divided chopped
- ☐ 0.5 teaspoon kosher salt divided
- ☐ 1 optional: lemon
- ☐ 6 ounces pasta uncooked
- ☐ 1.3 pounds shrimp deveined peeled

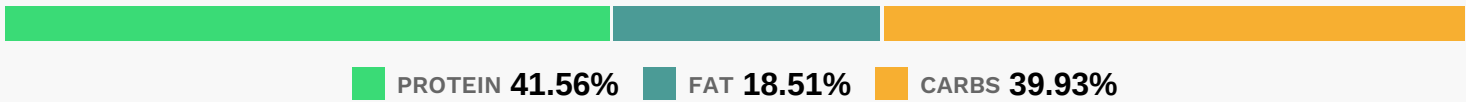
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Combine 1/4 teaspoon kosher salt, 1 1/2 teaspoons freshly ground black pepper, and shrimp, 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. Grate lemon rind to measure 1/2 teaspoon; juice lemon to measure 2 tablespoons.
- ☐ Combine rind and juice in a small saucepan over medium heat; add 1 1/2 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 kosher salt.
- ☐ Add pasta; cook 10 minutes or until al dente.
- ☐ Drain, reserving 2 tablespoons pasta water.
- ☐ Add shrimp, butter mixture, reserved pasta water, and 1/4 teaspoon kosher salt to pasta, tossing to coat.
- ☐ Sprinkle with remaining 1/2 teaspoon thyme.

Nutrition Facts



Properties

Glycemic Index:48.63, Glycemic Load:13.36, Inflammation Score:-8, Nutrition Score:12.057826221637%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 347.2kcal (17.36%), Fat: 7.21g (11.1%), Saturated Fat: 3.89g (24.34%), Carbohydrates: 35g (11.67%), Net Carbohydrates: 32.55g (11.84%), Sugar: 1.82g (2.02%), Cholesterol: 258.48mg (86.16%), Sodium: 518.95mg (22.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.43g (72.85%), Phosphorus: 412.18mg (41.22%), Selenium: 27.09µg (38.7%), Copper: 0.74mg (36.99%), Manganese: 0.56mg (28.08%), Magnesium: 80.65mg (20.16%), Vitamin C: 15.91mg (19.29%), Zinc: 2.68mg (17.84%), Potassium: 549.05mg (15.69%), Calcium: 121.95mg (12.19%), Fiber: 2.45g (9.79%), Iron: 1.75mg (9.73%), Vitamin A: 232.48IU (4.65%), Vitamin B6: 0.09mg (4.39%), Vitamin B3: 0.78mg (3.9%), Vitamin B1: 0.05mg (3.38%), Folate: 11.41µg (2.85%), Vitamin B5: 0.26mg (2.57%), Vitamin B2: 0.04mg (2.31%), Vitamin E: 0.26mg (1.72%), Vitamin K: 1.76µg (1.68%)