



Linguine with Prawns, Fresh Tomatoes and Spinach

READY IN



45 min.

SERVINGS



4

CALORIES



725 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 package baby spinach fresh cleaned
- 1 pound fettuccine barilla
- 1 garlic clove
- 0.3 cup olive oil
- 1 tablespoon parsley chopped
- 1 pound shrimp fresh deveined
- 4 servings salt and pepper to taste
- 4 tomatoes fresh chopped

2 teaspoons butter unsalted

0.5 cup wine

Equipment

frying pan

Directions

Cook the Linguine according to package direction. In a large skillet under medium heat melt the butter with the olive oil.

Add the chopped tomatoes, chopped parsley, chopped garlic and saute until slightly tender.

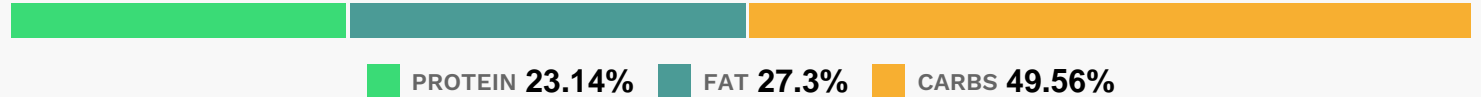
Add the spinach, the wine and the prawns.

Saute until the prawns are pink and the spinach wilted.

Drain the pasta, add it to the skillet and mix well.

Serve hot.

Nutrition Facts



Properties

Glycemic Index:47.75, Glycemic Load:35.53, Inflammation Score:-10, Nutrition Score:35.206956521739%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.95mg, Naringenin: 0.95mg, Naringenin: 0.95mg, Naringenin: 0.95mg Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Kaempferol: 2.4mg, Kaempferol: 2.4mg, Kaempferol: 2.4mg, Kaempferol: 2.4mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 2.15mg, Quercetin: 2.15mg, Quercetin: 2.15mg, Quercetin: 2.15mg

Taste

Sweetness: 75.49%, Saltiness: 28.86%, Sourness: 100%, Bitterness: 48.88%, Savoriness: 66.73%, Fattiness: 61.31%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 725.48kcal (36.27%), Fat: 21.54g (33.13%), Saturated Fat: 4.66g (29.12%), Carbohydrates: 87.99g (29.33%), Net Carbohydrates: 81.94g (29.8%), Sugar: 5.82g (6.47%), Cholesterol: 283.2mg (94.4%), Sodium: 389.47mg (16.93%), Alcohol: 3.09g (17.17%), Protein: 41.07g (82.14%), Vitamin K: 206.58µg (196.75%), Selenium: 89.88µg (128.39%), Vitamin A: 4570.51IU (91.41%), Manganese: 1.52mg (75.77%), Phosphorus: 570.6mg (57.06%), Copper: 0.9mg (45.22%), Magnesium: 150.78mg (37.69%), Vitamin C: 28.39mg (34.41%), Potassium: 1096.28mg (31.32%), Folate: 122.12µg (30.53%), Zinc: 4.15mg (27.68%), Vitamin E: 3.81mg (25.43%), Fiber: 6.05g (24.19%), Iron: 4.27mg (23.73%), Vitamin B6: 0.44mg (21.89%), Vitamin B1: 0.27mg (18%), Vitamin B3: 3.42mg (17.1%), Calcium: 166mg (16.6%), Vitamin B5: 1.19mg (11.91%), Vitamin B2: 0.2mg (11.75%), Vitamin B12: 0.33µg (5.55%), Vitamin D: 0.38µg (2.52%)