



Linguine with Sautéed Shrimp and Coconut-Lime Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



437 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1.5 cups bell pepper strips red
- 1 tablespoon sesame oil dark
- 0.5 cup chicken broth fat-free low-sodium
- 1 tablespoon ginger fresh grated peeled
- 2 garlic cloves minced
- 1 cup coconut milk light
- 1 tablespoon juice of lime fresh

- 1 teaspoon lime rind green grated (bright part only)
- 8 ounces pasta
- 0.3 cup soya sauce low-sodium
- 0.5 cup diagonally cut scallions (1-inch)
- 1 pound shrimp deveined peeled
- 2 cups sugar snap peas trimmed

Equipment

- frying pan
- colander

Directions

- Cook pasta according to package directions, omitting salt and fat.
- Place peas and red bell pepper in a colander.
- Drain pasta over pea mixture.
- Heat oil in a large nonstick skillet over medium-high heat.
- Add ginger, garlic, and shrimp; saut 3 minutes or until shrimp is bright pink.
- Remove shrimp from pan.
- Add broth to pan, scraping pan to loosen browned bits.
- Add coconut milk, soy sauce, rind, and juice; bring to a boil. Reduce heat and simmer 5 minutes or until slightly thick.
- Add pasta mixture and shrimp mixture; toss to coat. Top each serving with scallions.

Nutrition Facts



Properties

Glycemic Index:45.75, Glycemic Load:18.11, Inflammation Score:-9, Nutrition Score:24.643478486849%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg

Nutrients (% of daily need)

Calories: 436.98kcal (21.85%), Fat: 8.8g (13.54%), Saturated Fat: 4.22g (26.36%), Carbohydrates: 54.41g (18.14%), Net Carbohydrates: 49.62g (18.04%), Sugar: 6.35g (7.05%), Cholesterol: 182.57mg (60.86%), Sodium: 769.37mg (33.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.52g (69.04%), Vitamin C: 105.1mg (127.39%), Selenium: 36.62µg (52.31%), Vitamin A: 2408.96IU (48.18%), Phosphorus: 433.77mg (43.38%), Manganese: 0.86mg (42.84%), Vitamin K: 41.45µg (39.47%), Copper: 0.7mg (34.92%), Magnesium: 103.45mg (25.86%), Potassium: 775.85mg (22.17%), Fiber: 4.79g (19.18%), Vitamin B6: 0.38mg (19.03%), Zinc: 2.82mg (18.81%), Folate: 72.15µg (18.04%), Iron: 3.09mg (17.17%), Calcium: 128.11mg (12.81%), Vitamin B3: 2.49mg (12.43%), Vitamin B1: 0.17mg (11.5%), Vitamin B2: 0.18mg (10.63%), Vitamin E: 1.33mg (8.9%), Vitamin B5: 0.87mg (8.68%)