



Linguine with Scallion Sauce and Sautéed Shrimp

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



734 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 garlic clove
- ☐ 1 pound pasta dried
- ☐ 6 tablespoons olive oil
- ☐ 4 servings spring onion thinly sliced
- ☐ 0.8 pound spring onion (3 large bunches)
- ☐ 1 pound shrimp (24)

Equipment

- ☐ frying pan
- ☐ ladle
- ☐ pot
- ☐ blender
- ☐ slotted spoon
- ☐ colander

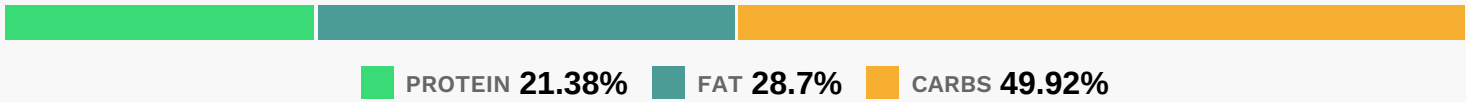
Directions

- ☐ Cut enough of scallion greens into 2-inch pieces to measure 3 cups and finely chop white parts. Mince garlic. Shell and devein shrimp.
- ☐ Fill a 6-quart pasta pot three fourths full with salted water and bring to a boil for scallion greens and pasta.
- ☐ In a deep 12-inch heavy skillet cook finely chopped scallions in 2 tablespoons oil over moderately low heat, stirring, until tender, about 5 minutes.
- ☐ Add garlic and cook, stirring, 1 minute.
- ☐ Transfer mixture to a blender and wipe skillet clean.
- ☐ Blanch scallion greens in boiling water 30 seconds and with a slotted spoon transfer to blender.
- ☐ Transfer 1/4 cup scallion water to blender and reserve water remaining in pot over low heat, covered. Blend scallion mixture with 2 tablespoons oil until smooth (use caution when blending hot liquids). Season sauce with salt and pepper.
- ☐ In skillet heat 2 tablespoons oil over moderately high heat until hot but not smoking and sauté half of shrimp, turning them, until golden brown on both sides and just cooked through, about 2 minutes.
- ☐ Transfer shrimp to a plate and keep warm, covered. Sauté remaining shrimp in same manner, adding remaining tablespoon oil if necessary, and keep warm in skillet, covered.
- ☐ Return water in pot to a boil. Cook pasta in boiling water, stirring occasionally, until al dente and ladle out and reserve 1 cup pasta water.
- ☐ Drain pasta in a colander and add to skillet with sauce and 1/4 cup reserved pasta water.
- ☐ Heat mixture over low heat, gently tossing (and adding more pasta water as needed if mixture becomes dry), until just heated through.

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Serve pasta topped with remaining shrimp and garnished with scallion greens.

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:35.56, Inflammation Score:-8, Nutrition Score:27.057826208032%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 1.24mg, Kaempferol: 1.24mg, Kaempferol: 1.24mg, Kaempferol: 1.24mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 9.75mg, Quercetin: 9.75mg, Quercetin: 9.75mg, Quercetin: 9.75mg

Nutrients (% of daily need)

Calories: 734.11kcal (36.71%), Fat: 23.47g (36.11%), Saturated Fat: 3.36g (20.98%), Carbohydrates: 91.85g (30.62%), Net Carbohydrates: 85.83g (31.21%), Sugar: 5.16g (5.74%), Cholesterol: 182.57mg (60.86%), Sodium: 156.99mg (6.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.34g (78.68%), Vitamin K: 201.25µg (191.67%), Selenium: 72.43µg (103.47%), Manganese: 1.25mg (62.4%), Phosphorus: 492.98mg (49.3%), Copper: 0.85mg (42.56%), Magnesium: 118.38mg (29.59%), Vitamin E: 3.65mg (24.34%), Fiber: 6.03g (24.11%), Zinc: 3.49mg (23.27%), Potassium: 809.77mg (23.14%), Vitamin C: 17.59mg (21.32%), Iron: 3.55mg (19.75%), Folate: 78.73µg (19.68%), Vitamin A: 907.89IU (18.16%), Calcium: 164.87mg (16.49%), Vitamin B3: 2.42mg (12.08%), Vitamin B6: 0.24mg (11.76%), Vitamin B1: 0.16mg (10.34%), Vitamin B2: 0.14mg (8.38%), Vitamin B5: 0.57mg (5.66%)