



Linguine with Shrimp and Lemon Oil

 Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



432 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 3 cups arugula packed
- 0.5 teaspoon pepper black freshly ground
- 0.3 cup flat-leaf parsley fresh chopped
- 2 garlic cloves minced
- 0.3 cup juice of lemon (2 lemons)
- 1 lemon zest
- 0.5 cup olive oil extra-virgin
- 2 tablespoons olive oil

- 1 pound linguine pasta
- 1 teaspoon salt
- 2 shallots diced
- 16 ounces shrimp frozen

Equipment

- bowl
- frying pan
- pot
- sieve

Directions

- Watch how to make this recipe.
- Combine the olive oil and the lemon zest in a small bowl and reserve.
- Bring a large pot of salted water to a boil over high heat.
- Add the pasta and cook until tender but still firm to the bite, stirring occasionally, about 8 to 10 minutes.
- Drain pasta, reserving 1 cup of the cooking liquid.
- Meanwhile, in a large, heavy skillet warm the olive oil over medium heat.
- Add the shallots and garlic and cook for 2 minutes.
- Add the shrimp and cook until pink, about 5 minutes.
- Add the cooked linguine, lemon juice, lemon zest, salt, and pepper. Toss to combine. Turn off the heat and add the arugula. Using a mesh sieve, strain the lemon zest out of the reserved lemon olive oil and add the oil to the pasta. The zest can be discarded.
- Add some of the cooking water to desired consistency.
- Add the chopped parsley to the pasta and toss to combine.
- Serve immediately.

Nutrition Facts



PROTEIN 23.88% FAT 20.73% CARBS 55.39%

Properties

Glycemic Index:33, Glycemic Load:23.24, Inflammation Score:-6, Nutrition Score:16.102608774019%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 5.41mg, Apigenin: 5.41mg, Apigenin: 5.41mg, Apigenin: 5.41mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.53mg, Kaempferol: 3.53mg, Kaempferol: 3.53mg, Kaempferol: 3.53mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

Nutrients (% of daily need)

Calories: 431.82kcal (21.59%), Fat: 9.93g (15.27%), Saturated Fat: 1.45g (9.05%), Carbohydrates: 59.67g (19.89%), Net Carbohydrates: 56.54g (20.56%), Sugar: 3.21g (3.57%), Cholesterol: 121.71mg (40.57%), Sodium: 487.71mg (21.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.73g (51.45%), Selenium: 48.08µg (68.68%), Vitamin K: 57.31µg (54.58%), Manganese: 0.82mg (40.94%), Phosphorus: 319.04mg (31.9%), Copper: 0.54mg (27.04%), Magnesium: 75.53mg (18.88%), Zinc: 2.21mg (14.72%), Vitamin C: 11.03mg (13.37%), Potassium: 465.21mg (13.29%), Fiber: 3.13g (12.51%), Iron: 1.88mg (10.42%), Calcium: 91.61mg (9.16%), Vitamin E: 1.36mg (9.06%), Vitamin A: 450.35IU (9.01%), Vitamin B6: 0.16mg (8.25%), Folate: 32.16µg (8.04%), Vitamin B3: 1.39mg (6.94%), Vitamin B1: 0.08mg (5.65%), Vitamin B5: 0.43mg (4.28%), Vitamin B2: 0.06mg (3.64%)