



Linguine with Shrimp and Plum Tomatoes

READY IN



45 min.

SERVINGS



8

CALORIES



857 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2.5 cups feta cheese crumbled
- ☐ 1.5 cups basil fresh chopped
- ☐ 1.5 cups parsley fresh chopped
- ☐ 6 garlic cloves minced
- ☐ 1.5 pounds pasta
- ☐ 1 pound mushrooms wild assorted stemmed sliced (such as crimini, baby portobello, and shiitake)
- ☐ 10 tablespoons olive oil extra-virgin
- ☐ 2 cups parmesan cheese grated
- ☐ 7.5 cups plum tomatoes seeded chopped

- ☐ 0.5 teaspoon pepper dried red crushed
- ☐ 2 pounds shrimp deveined uncooked peeled

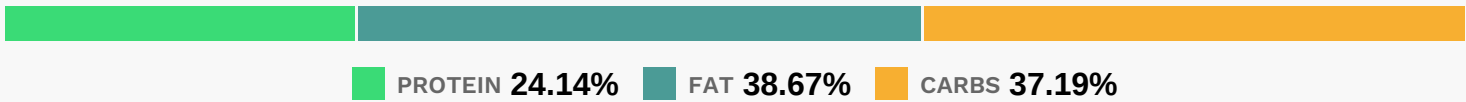
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Place shrimp in medium bowl; sprinkle with salt and pepper.
- ☐ Heat 3 tablespoons oil in heavy large skillet over medium-high heat.
- ☐ Add shrimp; sauté until cooked through, about 3 minutes. Using slotted spoon, transfer to plate; cover.
- ☐ Add 4 tablespoons oil to same skillet.
- ☐ Add mushrooms; sauté until tender, about 8 minutes.
- ☐ Add tomatoes, basil, 1 1/2 cups parsley, garlic, and red pepper, if desired; stir until heated through.
- ☐ Mix in both cheeses.
- ☐ Meanwhile, cook linguine in large pot of boiling salted water until tender but still firm to bite.
- ☐ Drain. Return to pot.
- ☐ Add 3 tablespoons oil; toss to coat.
- ☐ Add mushroom-tomato mixture to pasta; toss to coat. Season with salt and pepper.
- ☐ Transfer linguine to large bowl. Top with shrimp and 2 tablespoons parsley.

Nutrition Facts



Properties

Glycemic Index:33.88, Glycemic Load:29.05, Inflammation Score:-10, Nutrition Score:42.152173819749%

Flavonoids

Naringenin: 1.51mg, Naringenin: 1.51mg, Naringenin: 1.51mg, Naringenin: 1.51mg Apigenin: 24.25mg, Apigenin: 24.25mg, Apigenin: 24.25mg, Apigenin: 24.25mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 1.99mg, Myricetin: 1.99mg, Myricetin: 1.99mg, Myricetin: 1.99mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

Nutrients (% of daily need)

Calories: 857.28kcal (42.86%), Fat: 37.22g (57.27%), Saturated Fat: 12.99g (81.17%), Carbohydrates: 80.54g (26.85%), Net Carbohydrates: 74.06g (26.93%), Sugar: 9.38g (10.43%), Cholesterol: 246.04mg (82.01%), Sodium: 1135.11mg (49.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 52.28g (104.56%), Vitamin K: 232.76µg (221.67%), Selenium: 75.17µg (107.39%), Phosphorus: 834.74mg (83.47%), Vitamin A: 3484.01IU (69.68%), Manganese: 1.24mg (62.03%), Calcium: 594.56mg (59.46%), Vitamin C: 48.05mg (58.25%), Copper: 1.07mg (53.37%), Vitamin B2: 0.82mg (48.3%), Zinc: 6.01mg (40.08%), Potassium: 1357.3mg (38.78%), Magnesium: 141.18mg (35.29%), Vitamin B6: 0.62mg (31.19%), Vitamin E: 4.2mg (27.99%), Vitamin B3: 5.51mg (27.56%), Fiber: 6.48g (25.94%), Folate: 94.98µg (23.75%), Iron: 3.99mg (22.18%), Vitamin B5: 2.02mg (20.16%), Vitamin B1: 0.3mg (19.97%), Vitamin B12: 1.15µg (19.21%), Vitamin D: 0.43µg (2.84%)