



## Linguine with Shrimp and Sun-Dried Tomatoes

READY IN



45 min.

SERVINGS



4

CALORIES



392 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 16 small olives black pitted
- 1 tablespoon capers
- 0.5 cup cooking wine dry white
- 1 garlic clove minced
- 0.5 cup green onions chopped
- 0.8 teaspoon penzey's southwest seasoning dried italian
- 3 tablespoons juice of lemon fresh
- 5 ounces pasta uncooked
- 1 tablespoon olive oil

- 0.5 cup parmesan cheese shredded finely
- 0.3 teaspoon pepper
- 1 pound shrimp deveined peeled
- 1.5 ounces sun-dried tomatoes packed ( 20)
- 0.5 cup water boiling

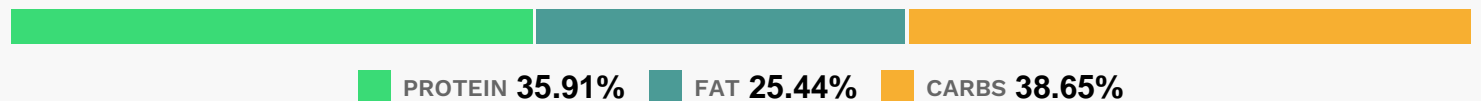
## Equipment

- bowl
- frying pan

## Directions

- Combine sun-dried tomatoes and boiling water in a bowl; let stand 30 minutes, and drain well. Slice thinly, and set aside. Cook pasta according to package directions, omitting salt and fat; set aside.
- Place a large nonstick skillet coated with cooking spray over medium-high heat until hot.
- Add shrimp and green onions; saut 5 minutes or until shrimp are done.
- Add sun-dried tomatoes, wine, and next 7 ingredients (wine through garlic); cook 1 minute or until thoroughly heated.
- Remove shrimp mixture from heat, and add cooked pasta; toss well.
- Serve with cheese.

## Nutrition Facts



## Properties

Glycemic Index:53.25, Glycemic Load:12.53, Inflammation Score:-6, Nutrition Score:16.784347633953%

## 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 Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.75mg, Hesperetin: 1.75mg, Hesperetin: 1.75mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin:

0.27mg, Naringenin: 0.27mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol:  
2.8mg, Kaempferol: 2.8mg, Kaempferol: 2.8mg, Kaempferol: 2.8mg Myricetin: 0.02mg, Myricetin: 0.02mg,  
Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.85mg, Quercetin: 4.85mg, Quercetin: 4.85mg, Quercetin:  
4.85mg

## Nutrients (% of daily need)

Calories: 392.39kcal (19.62%), Fat: 10.7g (16.46%), Saturated Fat: 3.14g (19.62%), Carbohydrates: 36.57g (12.19%),  
Net Carbohydrates: 32.97g (11.99%), Sugar: 6.02g (6.69%), Cholesterol: 191.07mg (63.69%), Sodium: 659.08mg  
(28.66%), Alcohol: 3.09g (100%), Alcohol %: 1.41% (100%), Protein: 33.98g (67.95%), Phosphorus: 447.91mg  
(44.79%), Copper: 0.75mg (37.59%), Selenium: 26.21µg (37.44%), Vitamin K: 36.19µg (34.46%), Manganese: 0.67mg  
(33.32%), Calcium: 270.03mg (27%), Potassium: 838.88mg (23.97%), Magnesium: 94.9mg (23.72%), Zinc: 2.7mg  
(18.01%), Iron: 2.69mg (14.94%), Fiber: 3.6g (14.4%), Vitamin C: 11.2mg (13.58%), Vitamin E: 1.35mg (9.03%), Vitamin  
B3: 1.78mg (8.91%), Vitamin B2: 0.14mg (8.11%), Vitamin A: 388.61IU (7.77%), Vitamin B1: 0.11mg (7.33%), Vitamin B6:  
0.14mg (7.19%), Folate: 26.91µg (6.73%), Vitamin B5: 0.48mg (4.83%), Vitamin B12: 0.15µg (2.5%)