



Linguine With Shrimp, Tomatoes, Olives, and Capers

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



449 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.1 teaspoon pepper black freshly ground
- 1 cup tomatoes diced canned undrained
- 2 tablespoons capers
- 0.8 cup bottled clam juice
- 4 garlic cloves
- 0.3 cup kalamata olives pitted halved
- 10 ounce pasta uncooked

- 2 tablespoons olive oil
- 0.5 cup parsley italian chopped
- 0.3 teaspoon salt
- 12 ounces shrimp deveined peeled (16)

Equipment

- frying pan
- pot
- aluminum foil

Directions

- Bring a large pot of water to a boil. Season shrimp with salt and pepper.
- Heat olive oil in a large nonstick skillet over medium-high heat.
- Add garlic; cook 12 minutes or until golden.
- Add linguine to water; cook 11 minutes or until al dente.
- Add shrimp to skillet, and cook on high 23 minutes or until golden.
- Transfer garlic and shrimp to a plate; cover with foil to keep warm.
- Add tomatoes and next 3 ingredients (through capers) to skillet; cook 56 minutes or until reduced by half. Stir in shrimp and garlic and two-thirds parsley.
- Drain pasta; return to pot. Toss shrimp and sauce with pasta.
- Transfer to a serving platter, and garnish with remaining parsley.

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:21.63, Inflammation Score:-7, Nutrition Score:20.317825824022%

Flavonoids

Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 5.38mg, Kaempferol: 5.38mg, Kaempferol: 5.38mg, Kaempferol: 5.38mg Myricetin: 1.18mg, Myricetin: 1.18mg, Myricetin: 1.18mg, Myricetin: 1.18mg Quercetin: 7.28mg, Quercetin: 7.28mg, Quercetin: 7.28mg

Nutrients (% of daily need)

Calories: 449.09kcal (22.45%), Fat: 10.07g (15.5%), Saturated Fat: 1.45g (9.08%), Carbohydrates: 62.21g (20.74%), Net Carbohydrates: 58.43g (21.25%), Sugar: 4.94g (5.49%), Cholesterol: 136.93mg (45.64%), Sodium: 744.43mg (32.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.67g (55.34%), Vitamin K: 130.28µg (124.08%), Selenium: 45.59µg (65.13%), Manganese: 0.81mg (40.6%), Phosphorus: 342.01mg (34.2%), Copper: 0.64mg (31.89%), Vitamin C: 18.88mg (22.89%), Magnesium: 83.01mg (20.75%), Potassium: 594.51mg (16.99%), Vitamin A: 807.39IU (16.15%), Zinc: 2.39mg (15.94%), Fiber: 3.78g (15.11%), Iron: 2.68mg (14.9%), Vitamin E: 1.96mg (13.06%), Vitamin B6: 0.24mg (12.1%), Calcium: 113.67mg (11.37%), Vitamin B3: 1.9mg (9.5%), Folate: 33.78µg (8.44%), Vitamin B1: 0.12mg (7.67%), Vitamin B2: 0.1mg (5.75%), Vitamin B5: 0.46mg (4.65%)