



Linguine with Spicy Shrimp

READY IN



45 min.

SERVINGS



4

CALORIES



418 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 tablespoons butter
- 1.5 teaspoons cajun spice
- 0.3 cup flat-leaf parsley fresh chopped
- 3 garlic cloves minced
- 0.5 teaspoon ground pepper red
- 0.5 cup half-and-half
- 8 ounces pasta uncooked
- 0.5 cup onion finely chopped
- 2 plum tomatoes chopped

- 0.1 teaspoon salt
- 1 pound shrimp deveined peeled

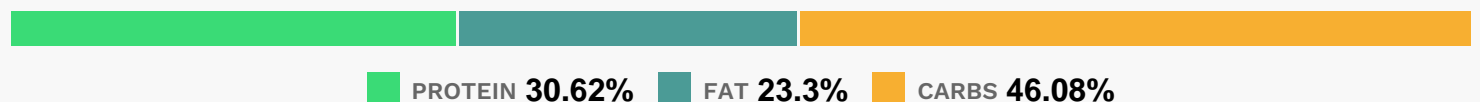
Equipment

- bowl
- frying pan

Directions

- Cook pasta according to package directions, omitting salt and fat.
- Drain.
- Place pasta in a large bowl; keep warm.
- Melt butter in a large skillet over medium-high heat.
- Add onion; saut 3 minutes, stirring occasionally.
- Add garlic and tomatoes; saut 2 minutes, stirring constantly.
- Sprinkle shrimp with Cajun seasoning, red pepper, and salt.
- Add shrimp mixture to pan; saut 3 minutes or until shrimp are almost done; remove from heat. Stir in half-and-half.
- Pour shrimp mixture over pasta; toss.
- Sprinkle with parsley.
- Wine note: Linguine with Spicy Shrimp combines peppery heat with a creamy sauce, making a fuller-bodied white a good partner. Little Penguin Chardonnay 2008 (\$6), from Australia, has tropical and pear fruit, with just a bit of sweetness and refreshing acidity. --Jeffery Lindenmuth

Nutrition Facts



Properties

Glycemic Index:66.5, Glycemic Load:18.05, Inflammation Score:-8, Nutrition Score:18.697826183361%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 10.77mg, Apigenin: 10.77mg, Apigenin: 10.77mg, Apigenin: 10.77mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.82mg, Myricetin: 0.82mg, Myricetin: 0.82mg, Myricetin: 0.82mg Quercetin: 4.29mg, Quercetin: 4.29mg, Quercetin: 4.29mg, Quercetin: 4.29mg

Nutrients (% of daily need)

Calories: 418.2kcal (20.91%), Fat: 10.86g (16.71%), Saturated Fat: 6.05g (37.79%), Carbohydrates: 48.32g (16.11%), Net Carbohydrates: 45.26g (16.46%), Sugar: 4.6g (5.11%), Cholesterol: 208.21mg (69.4%), Sodium: 280.6mg (12.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.11g (64.23%), Vitamin K: 86.31µg (82.2%), Selenium: 37.37µg (53.38%), Phosphorus: 402.92mg (40.29%), Manganese: 0.68mg (34.08%), Copper: 0.66mg (32.83%), Vitamin A: 1435.48IU (28.71%), Magnesium: 83.09mg (20.77%), Potassium: 628.96mg (17.97%), Zinc: 2.65mg (17.66%), Vitamin C: 13.55mg (16.42%), Calcium: 139.33mg (13.93%), Fiber: 3.07g (12.27%), Iron: 2mg (11.09%), Vitamin B6: 0.2mg (9.96%), Vitamin B2: 0.13mg (7.37%), Folate: 28.07µg (7.02%), Vitamin B3: 1.39mg (6.93%), Vitamin B1: 0.09mg (6.21%), Vitamin E: 0.8mg (5.36%), Vitamin B5: 0.44mg (4.44%), Vitamin B12: 0.07µg (1.16%)