



Pasta Pescatore

READY IN



40 min.

SERVINGS



4

CALORIES



528 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 cups tomatoes canned crushed
- 2 tablespoons capers drained
- 1 teaspoon chile flakes
- 0.5 cup cooking wine dry white
- 0.3 pound sushi-grade yellowtail flounder cut into 2-inch pieces
- 3 cloves garlic minced
- 4 servings kosher salt and pepper black freshly ground
- 2 tablespoons olive oil extra-virgin
- 0.3 cup parmesan grated for serving, optional

- 12 ounces linguine pasta
- 0.3 pound shrimp raw deveined peeled
- 0.5 small onion diced white

Equipment

- bowl
- frying pan
- ladle
- pot

Directions

- Heat the oil in a large skillet over medium heat.
- Add the onions and cook until translucent, about 3 minutes.
- Add the garlic and cook until fragrant, about 1 minute.
- Add the wine. Increase the heat to high and boil the wine until almost evaporated, about 3 minutes.
- Add the tomatoes and chile flakes and bring the sauce to a boil. Cook, about 10 minutes.
- Add the flounder, shrimp and capers.
- Sprinkle with salt and pepper. Simmer the mixture until the flounder and shrimp are almost cooked through, about 1 1/2 minutes. Meanwhile, boil a pot of salted water. Cook the pasta until tender but still firm to bite, about 8 minutes. Ladle out 1/4 cup pasta cooking water and reserve.
- Drain the pasta.
- Add the pasta and reserved water to the skillet and toss gently. Cook on low, about 2 minutes.
- Sprinkle with salt and pepper.
- Transfer the pasta to a bowl and serve with the Parmesan if desired.

Nutrition Facts



■ PROTEIN 20.12% ■ FAT 20.32% ■ CARBS 59.56%

Properties

Glycemic Index:52.75, Glycemic Load:28.58, Inflammation Score:-7, Nutrition Score:22.57782610603%

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 Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 5.32mg, Kaempferol: 5.32mg, Kaempferol: 5.32mg, Kaempferol: 5.32mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.73mg, Quercetin: 8.73mg, Quercetin: 8.73mg, Quercetin: 8.73mg

Nutrients (% of daily need)

Calories: 527.96kcal (26.4%), Fat: 11.48g (17.66%), Saturated Fat: 2.51g (15.72%), Carbohydrates: 75.72g (25.24%), Net Carbohydrates: 70.18g (25.52%), Sugar: 8.38g (9.31%), Cholesterol: 68.89mg (22.96%), Sodium: 630.86mg (27.43%), Alcohol: 3.09g (100%), Alcohol %: 1.15% (100%), Protein: 25.57g (51.15%), Selenium: 77.67µg (110.96%), Manganese: 1.13mg (56.36%), Phosphorus: 443.76mg (44.38%), Copper: 0.58mg (28.89%), Vitamin E: 3.6mg (23.97%), Vitamin B6: 0.47mg (23.55%), Magnesium: 93.82mg (23.45%), Fiber: 5.54g (22.18%), Vitamin B3: 4.15mg (20.75%), Potassium: 708.98mg (20.26%), Iron: 3.22mg (17.87%), Calcium: 173.9mg (17.39%), Vitamin B12: 0.92µg (15.36%), Vitamin C: 12.66mg (15.34%), Zinc: 2.3mg (15.32%), Vitamin B1: 0.2mg (13.18%), Vitamin K: 12.84µg (12.23%), Folate: 43.66µg (10.91%), Vitamin A: 544.17IU (10.88%), Vitamin B2: 0.17mg (9.87%), Vitamin B5: 0.96mg (9.63%), Vitamin D: 1.13µg (7.52%)