



Pea, prawn & lemon linguine

READY IN



15 min.

SERVINGS



4

CALORIES



533 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 350 g pasta
- ☐ 200 g pea-mond dressing frozen
- ☐ 300 g shrimp frozen cooked
- ☐ 1 lemon zest
- ☐ 100 ml double cream

Equipment

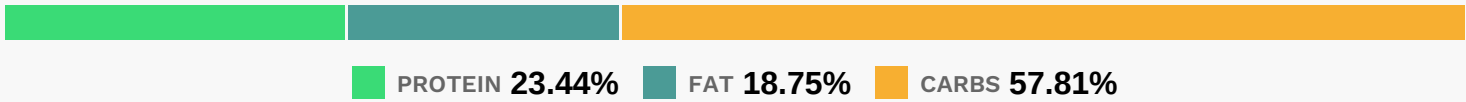
- ☐ bowl
- ☐ frying pan

☐ sauce pan

Directions

- ☐ Cook the pasta according to pack instructions. Meanwhile, heat a non-stick pan, then gently cook the peas, prawns, lemon zest and juice for 3–4 mins until prawns are hot and peas tender.
- ☐ Season well, stir in the cream and 2 tbsp of the pasta water, then bubble for 1 min.
- ☐ Drain the linguine and return to the saucepan with the sauce, tossing well to coat.
- ☐ Serve in bowls.

Nutrition Facts



Properties

Glycemic Index:20.75, Glycemic Load:29.19, Inflammation Score:-6, Nutrition Score:18.066086875356%

Nutrients (% of daily need)

Calories: 532.59kcal (26.63%), Fat: 11.05g (17%), Saturated Fat: 6.17g (38.58%), Carbohydrates: 76.67g (25.56%), Net Carbohydrates: 70.46g (25.62%), Sugar: 4.78g (5.31%), Cholesterol: 149.17mg (49.72%), Sodium: 103.38mg (4.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.09g (62.17%), Selenium: 57.31µg (81.88%), Manganese: 1.06mg (53.24%), Phosphorus: 418.64mg (41.86%), Copper: 0.68mg (34.21%), Folate: 120.95µg (30.24%), Magnesium: 101.11mg (25.28%), Fiber: 6.21g (24.84%), Zinc: 2.95mg (19.65%), Potassium: 558.42mg (15.95%), Iron: 2.82mg (15.66%), Vitamin B1: 0.19mg (12.38%), Calcium: 96.98mg (9.7%), Vitamin B6: 0.19mg (9.28%), Vitamin B3: 1.76mg (8.79%), Vitamin A: 377.94IU (7.56%), Vitamin B2: 0.13mg (7.56%), Vitamin B5: 0.65mg (6.52%), Vitamin E: 0.47mg (3.14%), Vitamin C: 2.29mg (2.77%), Vitamin D: 0.4µg (2.68%), Vitamin K: 1.74µg (1.66%)