



Penne with Shrimp and Herbed Cream Sauce

READY IN



40 min.

SERVINGS



6

CALORIES



626 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 teaspoon pepper black freshly ground for seasoning
- 15 ounce canned tomatoes whole drained roughly chopped canned
- 0.3 cup bottled clam juice
- 0.5 cup basil leaves fresh chopped
- 0.5 cup flat-leaf parsley fresh chopped
- 4 cloves garlic minced
- 0.5 teaspoon kosher salt for seasoning
- 0.3 cup olive oil
- 0.5 cup parmesan grated

- 1 pound penne pasta
- 0.3 teaspoon pepper flakes red crushed
- 1 pound shrimp deveined peeled
- 0.8 cup whipping cream
- 1 cup white wine

Equipment

- bowl
- frying pan
- pot
- slotted spoon

Directions

- Bring a large pot of salted water to a boil over high heat.
- Add the pasta and cook until tender but still firm to the bite, stirring occasionally, about 8 to 10 minutes.
- Drain the pasta and set aside.
- In a large skillet, heat the oil over medium-high heat.
- Add the shrimp, garlic, 1/2 teaspoon of salt, and 1/2 teaspoon of pepper. Cook, stirring frequently until the shrimp turn pink and are cooked through, about 3 minutes. Using a slotted spoon, remove the shrimp from the pan and set aside.
- Add the tomatoes, 1/4 cup basil, 1/4 cup parsley, and the red pepper flakes. Cook for 2 minutes, stirring constantly.
- Add the wine, clam juice, and heavy cream. Bring the mixture to a boil. Reduce the heat to medium-low and simmer for 7 to 8 minutes until the sauce thickens.
- Add 1/4 cup of the Parmesan, the cooked shrimp, the cooked pasta, and the remaining herbs. Toss together until all ingredients are coated. Season, to taste, with salt and pepper.
- Transfer the pasta to a large serving bowl.
- Sprinkle with the remaining cheese and serve immediately.

Nutrition Facts

PROTEIN 20.3% FAT 35.52% CARBS 44.18%

Properties

Glycemic Index:47.67, Glycemic Load:24.64, Inflammation Score:-8, Nutrition Score:23.577391396398%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.78mg, Myricetin: 0.78mg, Myricetin: 0.78mg, Myricetin: 0.78mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 625.79kcal (31.29%), Fat: 23.72g (36.5%), Saturated Fat: 9.78g (61.12%), Carbohydrates: 66.39g (22.13%), Net Carbohydrates: 62.26g (22.64%), Sugar: 6.97g (7.74%), Cholesterol: 161mg (53.67%), Sodium: 577.75mg (25.12%), Alcohol: 4.12g (100%), Alcohol %: 1.57% (100%), Protein: 30.51g (61.03%), Vitamin K: 101.2µg (96.38%), Selenium: 51.38µg (73.41%), Manganese: 0.99mg (49.42%), Phosphorus: 418.67mg (41.87%), Copper: 0.68mg (33.97%), Vitamin A: 1226.87IU (24.54%), Magnesium: 95.8mg (23.95%), Calcium: 226.59mg (22.66%), Potassium: 697.44mg (19.93%), Zinc: 2.73mg (18.19%), Vitamin C: 14.99mg (18.17%), Vitamin E: 2.66mg (17.73%), Iron: 3.01mg (16.74%), Fiber: 4.13g (16.51%), Vitamin B6: 0.29mg (14.72%), Vitamin B3: 2.38mg (11.88%), Vitamin B2: 0.18mg (10.77%), Vitamin B1: 0.14mg (9.63%), Folate: 35.12µg (8.78%), Vitamin B5: 0.7mg (7.05%), Vitamin D: 0.52µg (3.45%), Vitamin B12: 0.15µg (2.53%)