



WHATSheATE



Penne with Shrimp and Spicy Tomato Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



553 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup cilantro leaves chopped
- ☐ 1.5 teaspoons ground cumin
- ☐ 0.3 teaspoon ground ginger
- ☐ 0.1 teaspoon fresh-ground pepper black
- ☐ 1 tablespoon juice of lemon
- ☐ 0.3 cup olive oil
- ☐ 0.3 teaspoon oregano dried
- ☐ 1.5 teaspoons paprika

- ☐ 0.8 pound penne rigate
- ☐ 0.5 teaspoon salt
- ☐ 1 pound shrimp shelled
- ☐ 0.8 cup tomatoes in purée thick canned crushed

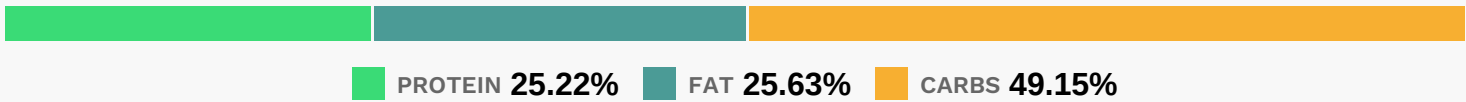
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot

Directions

- ☐ In a large glass or stainless-steel bowl, whisk together the olive oil and the lemon juice with the paprika, cumin, ginger, oregano, salt, and pepper. Stir in the crushed tomatoes and the cilantro.
- ☐ In a large pot of boiling, salted water, cook the penne rigate until almost done, about 12 minutes.
- ☐ Add the shrimp and cook until it and the pasta are just done, about 1 minute longer.
- ☐ Drain. Toss with the tomato sauce.
- ☐ Variations: Penne with Mozzarella and Spicy Tomato Sauce: Use 1 pound fresh mozzarella, cut into 1/4-inch cubes, in place of the shrimp. Toss the cheese in at the end.
- ☐ Penne with Sausage and Spicy Tomato Sauce: Use grilled sausage cut into bite-size pieces in place of the shrimp. Toss the sausage into the pasta with the tomato sauce.
- ☐ Penne with Grilled Vegetables and Spicy Tomato Sauce: In place of the shrimp, use grilled or sauted vegetables such as mushrooms, zucchini, eggplant, or green beans, cut into bite-size pieces. Toss the vegetables into the pasta with the sauce.
- ☐ Wine Recommendation: With its competing spices, strong-flavored cilantro, and acidic tomatoes, this pasta dish calls for a simple Italian white—a pinot grigio, for example.

Nutrition Facts



Properties

Glycemic Index:42.25, Glycemic Load:26.51, Inflammation Score:-6, Nutrition Score:18.165652026301%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 552.74kcal (27.64%), Fat: 15.78g (24.28%), Saturated Fat: 2.27g (14.17%), Carbohydrates: 68.07g (22.69%), Net Carbohydrates: 64.01g (23.28%), Sugar: 4.48g (4.98%), Cholesterol: 182.57mg (60.86%), Sodium: 493.39mg (21.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.94g (69.88%), Selenium: 54.2µg (77.43%), Manganese: 1mg (50%), Phosphorus: 425.46mg (42.55%), Copper: 0.79mg (39.51%), Magnesium: 99.21mg (24.8%), Zinc: 2.93mg (19.52%), Vitamin E: 2.91mg (19.4%), Potassium: 667.55mg (19.07%), Iron: 3.12mg (17.35%), Fiber: 4.06g (16.24%), Vitamin K: 16.27µg (15.5%), Calcium: 118.41mg (11.84%), Vitamin A: 569.19IU (11.38%), Vitamin B3: 2.15mg (10.73%), Vitamin B6: 0.21mg (10.71%), Vitamin B1: 0.12mg (7.99%), Vitamin C: 6.05mg (7.34%), Folate: 23.55µg (5.89%), Vitamin B2: 0.09mg (5.29%), Vitamin B5: 0.53mg (5.27%)