



Perciatelli with Shrimp and Garlic Breadcrumbs

 Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



472 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups breadcrumbs made from bread fresh french
- ☐ 6 tablespoons capers drained
- ☐ 8 garlic cloves divided minced
- ☐ 4 teaspoons lemon zest packed grated ()
- ☐ 8 tablespoons olive oil divided
- ☐ 0.5 cup parsley fresh italian divided chopped
- ☐ 1.3 pounds shrimp deveined uncooked peeled

- ☐ 12 ounces freshly perciatelli cooked (long hollow pasta)
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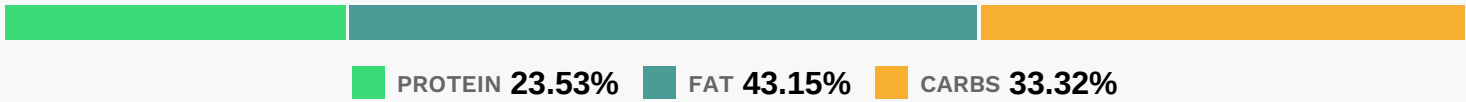
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat 3 tablespoons oil in large nonstick skillet over medium heat.
- ☐ Add breadcrumbs and half of garlic; sauté until crumbs are golden and crisp, about 10 minutes.
- ☐ Transfer to medium bowl.
- ☐ Sprinkle shrimp with salt and pepper.
- ☐ Heat remaining 5 tablespoons oil in same skillet over medium-high heat.
- ☐ Add shrimp and remaining garlic to skillet; sauté until shrimp are just opaque in center, about 3 minutes. Stir in 1/4 cup parsley, capers, and lemon peel.
- ☐ Add cooked pasta and 1/2 cup reserved pasta cooking water.
- ☐ Mix in 1 cup garlic breadcrumbs, adding more pasta cooking water if dry. Season with salt and pepper.
- ☐ Sprinkle with remaining garlic breadcrumbs and parsley.

Nutrition Facts



Properties

Glycemic Index:20.11, Glycemic Load:20.55, Inflammation Score:-6, Nutrition Score:20.459130224974%

Flavonoids

Apigenin: 10.79mg, Apigenin: 10.79mg, Apigenin: 10.79mg, Apigenin: 10.79mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 10.59mg, Kaempferol: 10.59mg, Kaempferol: 10.59mg, Kaempferol: 10.59mg Myricetin: 0.81mg, Myricetin: 0.81mg, Myricetin: 0.81mg, Myricetin: 0.81mg Quercetin: 13.89mg, Quercetin: 13.89mg, Quercetin: 13.89mg, Quercetin: 13.89mg

Nutrients (% of daily need)

Calories: 471.65kcal (23.58%), Fat: 22.85g (35.16%), Saturated Fat: 3.25g (20.32%), Carbohydrates: 39.7g (13.23%), Net Carbohydrates: 35.9g (13.06%), Sugar: 4.69g (5.21%), Cholesterol: 152.14mg (50.71%), Sodium: 710.93mg (30.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.04g (56.09%), Vitamin K: 99.14µg (94.42%), Manganese: 1.05mg (52.62%), Selenium: 23.39µg (33.42%), Phosphorus: 313.94mg (31.39%), Copper: 0.54mg (26.84%), Vitamin B3: 4.56mg (22.8%), Vitamin B1: 0.34mg (22.58%), Iron: 3.96mg (21.98%), Vitamin E: 2.95mg (19.68%), Folate: 76.77µg (19.19%), Magnesium: 71.75mg (17.94%), Calcium: 178.37mg (17.84%), Fiber: 3.8g (15.2%), Zinc: 2.22mg (14.77%), Vitamin B2: 0.22mg (12.95%), Vitamin C: 10.12mg (12.27%), Potassium: 409.93mg (11.71%), Vitamin A: 434.84IU (8.7%), Vitamin B6: 0.15mg (7.29%), Vitamin B5: 0.7mg (6.97%)