



## Pink Sauce for Pasta (Shrimp)

 Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



343 kcal

SAUCE

### Ingredients

- 0.3 teaspoon cayenne pepper
- 1.5 teaspoons ginger root fresh grated
- 2 cloves garlic chopped
- 1 teaspoon ground cumin
- 6 servings ground pepper black to taste
- 1 cup heavy cream
- 4 teaspoons juice of lemon
- 1 tablespoon mustard seed

- 1 teaspoon salt
- 6 servings salt to taste
- 2 pounds shrimp deveined peeled
- 4 tablespoons tomato purée
- 3 tablespoons vegetable oil
- 0.8 cup water
- 0.5 teaspoon sugar white

## Equipment

- bowl
- frying pan
- measuring cup

## Directions

- Place tomato puree in a measuring cup.
- Add enough water to make a total measure of 1 cup, place in a medium bowl. Stir in cream, ginger, cayenne pepper, lemon juice, cumin, 1 teaspoon salt, black pepper to taste, and sugar. Cover and refrigerate until needed.
- Heat oil in a large frying pan over a medium-high heat.
- Add the mustard seeds. As soon as they begin to pop, add the garlic. Stir once and add the shrimps. Stir and fry until they just turn opaque, sprinkling with salt and pepper to taste.
- Pour in the pink sauce and stir. As soon as the sauce is bubbling, the dish is ready to be served with hot cooked pasta or rice.

## Nutrition Facts

 **PROTEIN 37.07%**  **FAT 58.52%**  **CARBS 4.41%**

## Properties

Glycemic Index:30.68, Glycemic Load:0.36, Inflammation Score:-5, Nutrition Score:9.3952174134876%

## Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

## **Nutrients (% of daily need)**

Calories: 342.54kcal (17.13%), Fat: 22.69g (34.9%), Saturated Fat: 10.37g (64.78%), Carbohydrates: 3.84g (1.28%), Net Carbohydrates: 3.29g (1.2%), Sugar: 2.25g (2.5%), Cholesterol: 288.25mg (96.08%), Sodium: 777.59mg (33.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.34g (64.67%), Phosphorus: 370.05mg (37%), Copper: 0.65mg (32.62%), Magnesium: 67.43mg (16.86%), Zinc: 2.31mg (15.4%), Potassium: 515.81mg (14.74%), Vitamin K: 14.5µg (13.81%), Calcium: 136.75mg (13.68%), Vitamin A: 677.81IU (13.56%), Vitamin E: 1.27mg (8.46%), Iron: 1.45mg (8.06%), Manganese: 0.16mg (7.93%), Selenium: 5.26µg (7.52%), Vitamin B2: 0.09mg (5.4%), Vitamin D: 0.63µg (4.23%), Vitamin C: 3.22mg (3.9%), Vitamin B6: 0.05mg (2.66%), Fiber: 0.55g (2.2%), Vitamin B1: 0.03mg (2.05%), Vitamin B5: 0.18mg (1.76%), Folate: 6.62µg (1.66%), Vitamin B3: 0.31mg (1.53%), Vitamin B12: 0.06µg (1.06%)