



Roasted Red Pepper and Herb Pasta with Shrimp

READY IN



55 min.

SERVINGS



4

CALORIES



412 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 8 ounces fettuccine barilla uncooked
- ☐ 2 tablespoons flat-leaf parsley fresh chopped
- ☐ 0.5 teaspoon sage fresh chopped
- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 1 tablespoon garlic minced
- ☐ 0.3 cup juice of lemon fresh (2 lemons)

- ☐ 1 teaspoon olive oil extra-virgin
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 cup onion finely chopped
- ☐ 2 tablespoons parmesan cheese fresh shaved
- ☐ 2 bell peppers red
- ☐ 0.8 teaspoon salt
- ☐ 0.5 pound shrimp deveined peeled
- ☐ 1 tablespoon butter unsalted

Equipment

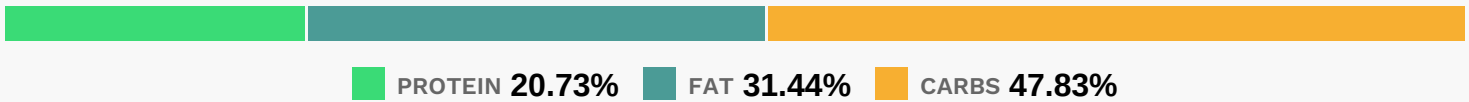
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ Preheat broiler.
- ☐ Cut bell peppers in half lengthwise; discard seeds and membranes.
- ☐ Place pepper halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil 15 minutes or until blackened.
- ☐ Place in a paper bag; fold to close tightly.
- ☐ Let stand 20 minutes. Peel and chop; set aside.
- ☐ Cook fettuccine according to the package directions, omitting salt and fat; drain well. Set aside; keep warm.
- ☐ Heat 2 tablespoons olive oil and butter in a large skillet over medium-high heat.
- ☐ Add chopped onion and garlic to pan, and cook for 4 minutes or until the onion is tender, stirring frequently.
- ☐ Add shrimp to the pan, and cook for 2 minutes.

- ☐
- Add bell peppers and 1/4 cup lemon juice to the pan, and cook for 4 minutes or until the shrimp are done and half of the liquid has evaporated.
- ☐
- Add chopped parsley and the next 5 ingredients (through 1/2 teaspoon crushed red pepper) to the shrimp mixture.
- ☐
- Remove pan from heat.
- ☐
- Combine cooked fettuccine and 1 teaspoon olive oil in a large bowl; toss well.
- ☐
- Add shrimp mixture, tossing gently to coat. Top each serving with cheese.

Nutrition Facts



Properties

Glycemic Index:67.25, Glycemic Load:18.81, Inflammation Score:-9, Nutrition Score:24.237391601438%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 8.35mg, Quercetin: 8.35mg, Quercetin: 8.35mg, Quercetin: 8.35mg

Nutrients (% of daily need)

Calories: 412.26kcal (20.61%), Fat: 14.64g (22.52%), Saturated Fat: 4.12g (25.75%), Carbohydrates: 50.11g (16.7%), Net Carbohydrates: 45.91g (16.7%), Sugar: 5.72g (6.36%), Cholesterol: 148.14mg (49.38%), Sodium: 565.8mg (24.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.72g (43.43%), Vitamin C: 89.11mg (108.01%), Selenium: 45.9µg (65.57%), Copper: 1.2mg (59.77%), Vitamin A: 2274.71IU (45.49%), Vitamin K: 41.97µg (39.97%), Manganese: 0.73mg (36.58%), Phosphorus: 310.45mg (31.04%), Vitamin B6: 0.39mg (19.37%), Magnesium: 69.49mg (17.37%), Vitamin E: 2.53mg (16.89%), Fiber: 4.19g (16.77%), Potassium: 522.4mg (14.93%), Zinc: 2.22mg (14.79%), Folate: 58.18µg (14.55%), Iron: 2.13mg (11.86%), Calcium: 113.18mg (11.32%), Vitamin B1: 0.16mg (10.62%), Vitamin B3: 1.92mg (9.61%), Vitamin B5: 0.82mg (8.18%), Vitamin B2: 0.13mg (7.87%), Vitamin B12: 0.2µg (3.34%), Vitamin D: 0.24µg (1.57%)