



Rosemary-Garlic Shrimp With Fettuccine

 Dairy Free

READY IN



27 min.

SERVINGS



4

CALORIES



506 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 cups cooking wine dry white
- 8 ounces fettuccine barilla uncooked
- 0.3 cup flour all-purpose
- 2 tablespoons rosemary fresh chopped
- 8 garlic cloves minced
- 0.5 cup green onions chopped (6 onions)
- 2 tablespoons juice of lemon
- 1 teaspoon olive oil

- 0.1 teaspoon pepper freshly ground
- 5 plum tomatoes peeled quartered
- 1 teaspoon salt
- 1.3 pounds shrimp peeled
- 1 tablespoon stick margarine
- 2 quarts water

Equipment

- frying pan

Directions

- Bring water to a rolling boil.
- Add pasta; cook 12 minutes.
- Drain; set aside, and keep warm.
- Heat butter and olive oil in a large nonstick skillet over medium heat.
- Sprinkle flour over shrimp, tossing to coat well.
- Add shrimp to skillet; cook, stirring constantly, 4 minutes or until shrimp turn pink and are lightly browned.
- Remove shrimp from skillet; set aside, and keep warm.
- Add garlic and rosemary to skillet; cook 1 minute.
- Add wine, lemon juice, and tomatoes. Increase heat to high, and cook 7 minutes or until most of liquid evaporates. Return shrimp to skillet; cook just until heated.
- Add green onions, salt, and pepper.
- Serve over pasta.

Nutrition Facts



PROTEIN 34.86% **FAT 15.33%** **CARBS 49.81%**

Properties

Glycemic Index:66.5, Glycemic Load:23.17, Inflammation Score:-8, Nutrition Score:21.179130517918%

Flavonoids

Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 1.95mg, Quercetin: 1.95mg, Quercetin: 1.95mg, Quercetin: 1.95mg

Nutrients (% of daily need)

Calories: 505.87kcal (25.29%), Fat: 7.58g (11.66%), Saturated Fat: 1.64g (10.27%), Carbohydrates: 55.43g (18.48%), Net Carbohydrates: 51.78g (18.83%), Sugar: 4.53g (5.03%), Cholesterol: 275.84mg (91.95%), Sodium: 832.39mg (36.19%), Alcohol: 9.27g (100%), Alcohol %: 1.33% (100%), Protein: 38.78g (77.56%), Selenium: 48.36µg (69.08%), Phosphorus: 499.24mg (49.92%), Manganese: 0.92mg (45.94%), Copper: 0.89mg (44.64%), Vitamin K: 33.47µg (31.88%), Magnesium: 112.07mg (28.02%), Potassium: 843.97mg (24.11%), Zinc: 3.46mg (23.09%), Vitamin C: 17.97mg (21.78%), Vitamin A: 968.16IU (19.36%), Iron: 3.01mg (16.7%), Calcium: 167.02mg (16.7%), Vitamin B6: 0.32mg (16.11%), Fiber: 3.64g (14.57%), Vitamin B1: 0.21mg (14.16%), Folate: 54.08µg (13.52%), Vitamin B3: 2.33mg (11.67%), Vitamin B2: 0.14mg (8.15%), Vitamin B5: 0.73mg (7.28%), Vitamin E: 0.98mg (6.51%), Vitamin B12: 0.17µg (2.8%), Vitamin D: 0.17µg (1.13%)