



Shrimp and Artichoke Linguine

 Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



437 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 tablespoons parsley fresh chopped
- 1.3 cups artichoke hearts frozen
- 1 clove garlic crushed
- 4 servings ground pepper black to taste
- 2 tablespoons juice of lemon
- 2 teaspoons lemon zest
- 2 tablespoons olive oil
- 1 onion chopped

- 8 ounce linguini pasta
- 4 servings salt to taste
- 1 pound shrimp deveined peeled
- 0.5 cup white wine

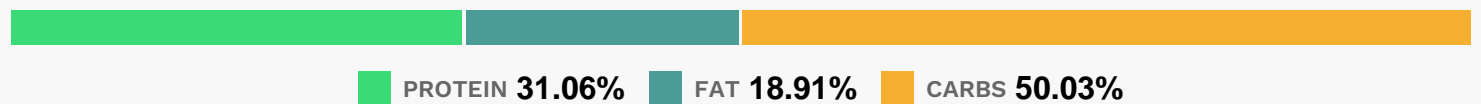
Equipment

- bowl

Directions

- Cook pasta in boiling water.
- While pasta is cooking, saute onion and garlic in oil for about 5 minutes.
- Remove to bowl.
- Add shrimp to remaining drippings, and cook for about 3 minutes. Stir in artichoke hearts, wine, lemon juice, lemon peel, salt, pepper, and cooked onion.
- Heat to boiling over high heat. Reduce heat to low; simmer, covered, for 4 to 5 minutes. Toss with pasta and parsley.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:44.5, Glycemic Load:17.81, Inflammation Score:-7, Nutrition Score:17.715217528136%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin:

5.64mg, Quercetin: 5.64mg, Quercetin: 5.64mg, Quercetin: 5.64mg

Nutrients (% of daily need)

Calories: 436.53kcal (21.83%), Fat: 8.82g (13.57%), Saturated Fat: 1.33g (8.32%), Carbohydrates: 52.54g (17.51%), Net Carbohydrates: 47.14g (17.14%), Sugar: 3.22g (3.58%), Cholesterol: 182.57mg (60.86%), Sodium: 371.03mg (16.13%), Alcohol: 3.09g (100%), Alcohol %: 1.22% (100%), Protein: 32.61g (65.23%), Selenium: 36.28µg (51.83%), Manganese: 0.84mg (41.87%), Phosphorus: 409.28mg (40.93%), Vitamin K: 37.48µg (35.69%), Copper: 0.67mg (33.4%), Folate: 113.6µg (28.4%), Magnesium: 97.42mg (24.35%), Fiber: 5.4g (21.6%), Potassium: 695.47mg (19.87%), Zinc: 2.68mg (17.84%), Vitamin C: 13.04mg (15.81%), Calcium: 114.09mg (11.41%), Iron: 2.04mg (11.31%), Vitamin B6: 0.21mg (10.28%), Vitamin B2: 0.15mg (9.08%), Vitamin B3: 1.71mg (8.54%), Vitamin B1: 0.11mg (7.59%), Vitamin E: 1.11mg (7.38%), Vitamin A: 284.45IU (5.69%), Vitamin B5: 0.46mg (4.58%)