



Shrimp and Brie Linguine

READY IN



45 min.

SERVINGS



6

CALORIES



567 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 8 ounces brie cheese
- ☐ 0.3 cup olive oil extra virgin
- ☐ 1 cup basil fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 0.3 cup kalamata olives pitted chopped
- ☐ 8 ounces pasta uncooked
- ☐ 6 servings parmesan cheese freshly grated
- ☐ 1 pound shrimp deveined peeled

- ☐ 0.3 cup sun-dried tomatoes coarsely chopped in oil
- ☐ 2 tomatoes seeded chopped

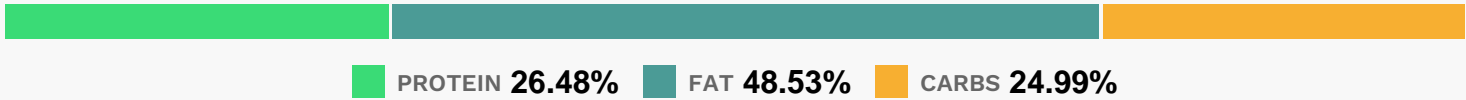
Equipment

- ☐ bowl

Directions

- ☐ Cube Brie and combine with next 7 ingredients in a bowl. Cover and let stand about 1 hour.
- ☐ Cook pasta in boiling salted water according to package directions. Two minutes before pasta is al dente, add shrimp. Cook 2 minutes or until shrimp are done.
- ☐ Drain pasta and shrimp, and immediately toss with Brie mixture.
- ☐ Serve immediately with fresh Parmesan.
- ☐ The Case for Wine: Carlos Kainz owns and manages Dulces Latin Bistro in Seattle, Washington, along with his wife, chef Julie Guerrero. "Anytime you think of Brie, you can't help but serve apples with it. Pascal Jolivet Sancerre (\$4
- ☐ from the Loire Valley is just that--crisp apples and citrus notes rich enough to cut through the flavor of the Brie."

Nutrition Facts



Properties

Glycemic Index:39.83, Glycemic Load:11.95, Inflammation Score:-7, Nutrition Score:19.202173906824%

Flavonoids

Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 567.45kcal (28.37%), Fat: 30.74g (47.29%), Saturated Fat: 12.91g (80.66%), Carbohydrates: 35.61g (11.87%), Net Carbohydrates: 33.27g (12.1%), Sugar: 2.34g (2.6%), Cholesterol: 185.61mg (61.87%), Sodium: 986.77mg

(42.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.74g (75.49%), Selenium: 40.24µg (57.48%), Phosphorus: 515.03mg (51.5%), Calcium: 410.94mg (41.09%), Manganese: 0.56mg (28.1%), Zinc: 3.9mg (25.99%), Vitamin K: 27.07µg (25.78%), Copper: 0.5mg (24.97%), Vitamin A: 1125.22IU (22.5%), Vitamin B2: 0.35mg (20.77%), Magnesium: 76.7mg (19.17%), Vitamin B12: 1.03µg (17.14%), Potassium: 586.69mg (16.76%), Vitamin E: 2.12mg (14.15%), Vitamin C: 11.31mg (13.71%), Vitamin B6: 0.24mg (11.78%), Folate: 43.38µg (10.85%), Iron: 1.69mg (9.38%), Fiber: 2.34g (9.37%), Vitamin B1: 0.1mg (6.51%), Vitamin B3: 1.28mg (6.41%), Vitamin B5: 0.6mg (5.98%), Vitamin D: 0.34µg (2.26%)