



Shrimp and Pancetta on Polenta



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



384 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14 ounces canned tomatoes diced canned
- ☐ 1 tablespoon flat-leaf parsley chopped
- ☐ 2 garlic cloves minced
- ☐ 3 tablespoons olive oil extra-virgin divided
- ☐ 0.3 pound pancetta chopped
- ☐ 0.5 cup polenta instant
- ☐ 0.3 teaspoon pepper flakes red hot
- ☐ 1 pound shrimp cleaned

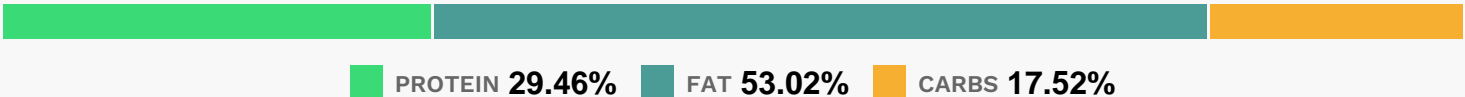
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Cook polenta according to package instructions in a heavy medium saucepan until thickened and creamy, about 5 minutes.
- ☐ Remove from heat and season with salt, then cover.
- ☐ Cook pancetta, garlic, and red pepper flakes in 2 tablespoon oil in a 12-inch heavy skillet over medium heat, stirring, until garlic is pale golden, 2 to 3 minutes.
- ☐ Add tomatoes with their juice and simmer until liquid is reduced to about 1/4 cup, 6 to 8 minutes.
- ☐ Add shrimp and cook, stirring occasionally, until shrimp are just cooked through, about 3 minutes. Season with salt.
- ☐ Spoon polenta into shallow bowls and top with shrimp mixture.
- ☐ Drizzle with remaining tablespoon oil, season with pepper, and sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:0.15, Inflammation Score:-4, Nutrition Score:8.3547826798066%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 384.11kcal (19.21%), Fat: 22.6g (34.77%), Saturated Fat: 5.37g (33.56%), Carbohydrates: 16.81g (5.6%), Net Carbohydrates: 16.38g (5.96%), Sugar: 0.16g (0.18%), Cholesterol: 201.28mg (67.09%), Sodium: 325.89mg (14.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.26g (56.52%), Phosphorus: 301.25mg (30.13%), Copper: 0.48mg (23.87%), Vitamin K: 22.94µg (21.85%), Selenium: 9.32µg (13.31%), Zinc: 1.97mg (13.13%), Magnesium: 49.52mg (12.38%), Potassium: 396.83mg (11.34%), Vitamin E: 1.69mg (11.27%), Calcium: 79mg (7.9%), Vitamin B1: 0.11mg (7.22%), Vitamin B3: 1.42mg (7.08%), Vitamin B6: 0.13mg (6.34%), Iron: 1.07mg (5.96%), Manganese: 0.09mg (4.52%), Vitamin A: 174.46IU (3.49%), Vitamin B5: 0.27mg (2.68%), Vitamin B12: 0.14µg (2.36%), Vitamin C: 1.8mg (2.18%), Vitamin B2: 0.03mg (2.04%), Fiber: 0.43g (1.7%)