



Shrimp and Pasta with Mushrooms

READY IN



25 min.

SERVINGS



4

CALORIES



652 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 3 tablespoons butter
- 1 cups sauvignon blanc white wine dry white (such as Sauvignon Blanc)
- 3 tablespoons parsley fresh chopped
- 1 clove garlic finely chopped
- 0.3 teaspoon pepper red crushed
- 4 servings salt to taste
- 4 oz mushroom caps sliced
- 1 lb shrimp deveined uncooked peeled
- 16 oz pasta like spaghetti

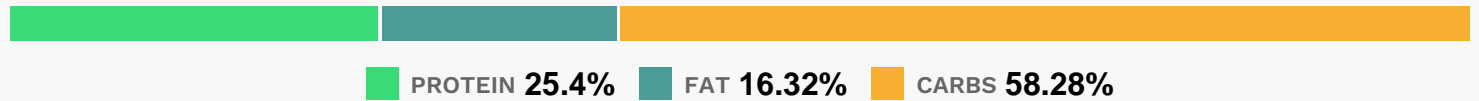
Equipment

- frying pan

Directions

- Cook and drain spaghetti as directed on package.
- Meanwhile, in large skillet, melt 1 tablespoon of the butter over medium heat. Cook garlic and pepper flakes in butter 1 minute, stirring constantly.
- Add mushrooms; cook 3 to 4 minutes, stirring occasionally, until lightly browned. Stir in shrimp; cook about 4 minutes, stirring occasionally, until shrimp are almost pink.
- Add wine and remaining 2 tablespoons butter; heat to simmering.
- Add cooked spaghetti to skillet; toss with shrimp mixture. Season with salt. Cook 1 minute longer until shrimp are pink.
- Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:46.5, Glycemic Load:34.53, Inflammation Score:-7, Nutrition Score:21.215217395969%

Flavonoids

Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 652.36kcal (32.62%), Fat: 10.99g (16.91%), Saturated Fat: 5.83g (36.46%), Carbohydrates: 88.32g (29.44%), Net Carbohydrates: 83.82g (30.48%), Sugar: 3.75g (4.17%), Cholesterol: 205.15mg (68.38%), Sodium: 409.46mg (17.8%), Alcohol: 6.2g (100%), Alcohol %: 2.39% (100%), Protein: 38.5g (77%), Selenium: 73.52µg (105.03%), Manganese: 1.16mg (58.12%), Phosphorus: 494.53mg (49.45%), Vitamin K: 50.19µg (47.8%), Copper: 0.82mg (40.97%), Magnesium: 107.55mg (26.89%), Zinc: 3.47mg (23.11%), Potassium: 663.06mg (18.94%), Fiber: 4.5g (17.98%), Vitamin B3: 3.09mg (15.45%), Iron: 2.4mg (13.36%), Vitamin B6: 0.26mg (12.95%), Vitamin A: 552.24IU (11.04%), Calcium: 105.51mg (10.55%), Vitamin B5: 0.94mg (9.43%), Vitamin B2: 0.14mg (8.12%), Vitamin B1: 0.11mg

(7.42%), Folate: 29.03 μ g (7.26%), Vitamin C: 4.22mg (5.12%), Vitamin E: 0.44mg (2.93%)