



WHATSheATE



Shrimp and Sweet Red Pepper Linguine

READY IN



30 min.

SERVINGS



4

CALORIES



391 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 pound pasta cooked drained
- ☐ 4 cloves garlic minced
- ☐ 0.3 cup olive oil pure crisco®
- ☐ 0.5 cup onion chopped
- ☐ 4 servings parmesan cheese to taste
- ☐ 2 tablespoons parsley italian chopped
- ☐ 0.5 pound shrimp raw peeled
- ☐ 1 large bell pepper red cut into strips
- ☐ 4 servings salt and pepper to taste

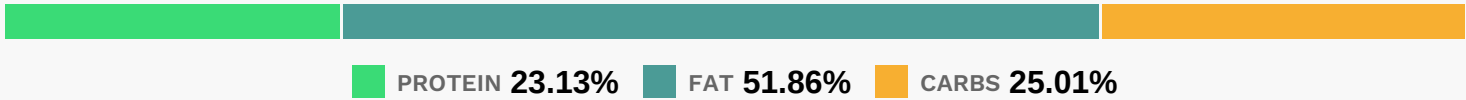
Equipment

☐ frying pan

Directions

- ☐ Heat oil in a large skillet over medium heat.
- ☐ Add garlic. Cook and stir until golden.
- ☐ Add onion and peppers, cooking until tender.
- ☐ Add shrimp, salt and pepper. Cook shrimp until pink and tender.
- ☐ Serve over cooked linguine. Top with grated Parmesan cheese and parsley.

Nutrition Facts



Properties

Glycemic Index:49.13, Glycemic Load:9.48, Inflammation Score:-9, Nutrition Score:19.831739130227%

Flavonoids

Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg

Nutrients (% of daily need)

Calories: 390.63kcal (19.53%), Fat: 22.52g (34.65%), Saturated Fat: 6.99g (43.68%), Carbohydrates: 24.44g (8.15%), Net Carbohydrates: 22.09g (8.03%), Sugar: 3.17g (3.53%), Cholesterol: 91.84mg (30.61%), Sodium: 1000.21mg (43.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.61g (45.21%), Vitamin C: 57.56mg (69.76%), Selenium: 39.07µg (55.82%), Vitamin K: 43.75µg (41.66%), Calcium: 405.7mg (40.57%), Phosphorus: 401.64mg (40.16%), Vitamin A: 1789.22IU (35.78%), Vitamin E: 3.46mg (23.08%), Manganese: 0.33mg (16.53%), Vitamin B12: 0.99µg (16.49%), Vitamin B6: 0.33mg (16.43%), Zinc: 1.86mg (12.38%), Magnesium: 44.55mg (11.14%), Folate: 42.63µg (10.66%), Copper: 0.2mg (9.82%), Vitamin B2: 0.17mg (9.7%), Fiber: 2.35g (9.4%), Vitamin B3: 1.79mg (8.94%), Iron: 1.56mg (8.67%), Potassium: 255.61mg (7.3%), Vitamin B5: 0.56mg (5.56%), Vitamin B1: 0.07mg (4.9%), Vitamin D: 0.21µg (1.38%)