



Shrimp Del Sol

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



429 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 9 ounce angel hair pasta fresh uncooked
- ☐ 14.5 ounce canned tomatoes diced canned
- ☐ 14.5 ounce canned tomatoes diced with jalapeño peppers, undrained canned
- ☐ 0.3 cup cilantro leaves fresh minced
- ☐ 1.5 teaspoons ground cumin
- ☐ 1 tablespoon juice of lime fresh
- ☐ 1 teaspoon olive oil
- ☐ 1 pound shrimp with tails steamed peeled

☐ 2 tablespoons tequila

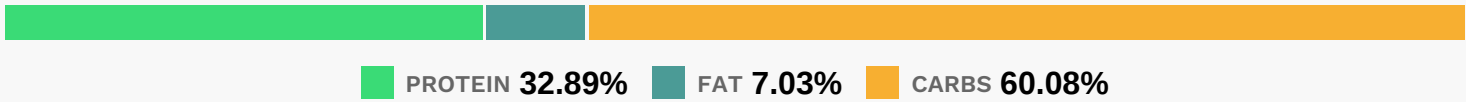
Equipment

☐ sauce pan

Directions

- ☐ Combine first 5 ingredients in a saucepan. Bring to a boil. Reduce heat; simmer, uncovered, 5 minutes.
- ☐ Remove tails from shrimp, if desired.
- ☐ Add shrimp and cilantro to tomato mixture; simmer until thoroughly heated. Cook pasta according to package directions using 1 teaspoon oil; drain. Toss shrimp mixture with cooked pasta.

Nutrition Facts



Properties

Glycemic Index:42.5, Glycemic Load:23.37, Inflammation Score:-7, Nutrition Score:21.733043546262%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 428.95kcal (21.45%), Fat: 3.29g (5.06%), Saturated Fat: 0.52g (3.27%), Carbohydrates: 63.3g (21.1%), Net Carbohydrates: 57.23g (20.81%), Sugar: 10.84g (12.04%), Cholesterol: 182.57mg (60.86%), Sodium: 411.97mg (17.91%), Alcohol: 2.51g (100%), Alcohol %: 0.8% (100%), Protein: 34.65g (69.3%), Selenium: 41.6µg (59.43%), Manganese: 1.03mg (51.49%), Copper: 1.02mg (50.76%), Phosphorus: 434.05mg (43.4%), Potassium: 1067mg (30.49%), Magnesium: 117.91mg (29.48%), Iron: 4.62mg (25.66%), Vitamin C: 20.36mg (24.68%), Fiber: 6.07g (24.27%), Vitamin B6: 0.41mg (20.26%), Zinc: 3.02mg (20.14%), Vitamin E: 2.84mg (18.94%), Vitamin B3: 3.65mg (18.24%), Calcium: 164.04mg (16.4%), Vitamin B1: 0.22mg (14.56%), Vitamin K: 14.72µg (14.02%), Vitamin A: 520.78IU (10.42%), Folate: 39.27µg (9.82%), Vitamin B2: 0.15mg (8.83%), Vitamin B5: 0.86mg (8.57%)