



Shrimp Destin Linguine

READY IN



30 min.

SERVINGS



3

CALORIES



783 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup butter
- ☐ 1 tablespoon cooking wine dry white
- ☐ 1 tablespoon optional: dill fresh chopped
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 0.3 cup green onions chopped
- ☐ 0.3 teaspoon coarsely ground pepper
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 9 oz pasta refrigerated

- ☐ 0.3 cup olive oil
- ☐ 1.5 pounds shrimp raw unpeeled ()
- ☐ 0.5 teaspoon salt

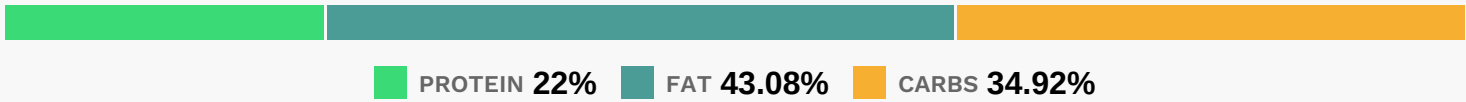
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ slotted spoon

Directions

- ☐ Peel shrimp, leaving tails on, if desired. Devein, if desired.
- ☐ Prepare pasta according to package directions.
- ☐ Meanwhile, melt butter with oil in a large skillet over medium-high heat; add green onions and garlic, and saut 4 to 5 minutes or until onions are tender.
- ☐ Add shrimp, wine, and next 3 ingredients. Cook over medium heat, stirring occasionally, 3 to 5 minutes or just until shrimp turn pink. Stir in dill and parsley.
- ☐ Remove shrimp with a slotted spoon, reserving sauce in skillet.
- ☐ Add hot cooked pasta to sauce in skillet, tossing to coat.
- ☐ Transfer pasta to a serving bowl, and top with shrimp.

Nutrition Facts



Properties

Glycemic Index:82.67, Glycemic Load:25.9, Inflammation Score:-8, Nutrition Score:26.727826356888%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 2.89mg, Apigenin: 2.89mg, Apigenin: 2.89mg, Apigenin: 2.89mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg

Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

Nutrients (% of daily need)

Calories: 782.74kcal (39.14%), Fat: 36.97g (56.87%), Saturated Fat: 12.71g (79.46%), Carbohydrates: 67.42g (22.47%), Net Carbohydrates: 64.34g (23.39%), Sugar: 2.64g (2.93%), Cholesterol: 326.43mg (108.81%), Sodium: 1801.16mg (78.31%), Alcohol: 0.51g (100%), Alcohol %: 0.18% (100%), Protein: 42.47g (84.95%), Selenium: 121.42µg (173.46%), Phosphorus: 727.1mg (72.71%), Vitamin K: 52.37µg (49.88%), Manganese: 0.92mg (46.24%), Vitamin B12: 2.55µg (42.49%), Vitamin E: 6.18mg (41.22%), Copper: 0.68mg (33.84%), Vitamin B3: 5.57mg (27.87%), Vitamin B6: 0.52mg (26.12%), Magnesium: 99.25mg (24.81%), Zinc: 3.5mg (23.32%), Vitamin A: 1087.95IU (21.76%), Folate: 67.33µg (16.83%), Calcium: 158.42mg (15.84%), Potassium: 499.33mg (14.27%), Fiber: 3.08g (12.32%), Vitamin B5: 1.12mg (11.23%), Iron: 1.97mg (10.95%), Vitamin B1: 0.13mg (8.93%), Vitamin C: 5.37mg (6.51%), Vitamin B2: 0.1mg (6.09%), Vitamin D: 0.23µg (1.51%)