



Shrimp Diablo

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



377 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounces angel hair pasta uncooked
- ☐ 0.3 teaspoon pepper black
- ☐ 1 tablespoon bottled garlic minced
- ☐ 14.5 ounce canned tomatoes diced undrained canned
- ☐ 1.5 tablespoons chile paste with garlic
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 0.5 cup parsley fresh chopped
- ☐ 1 teaspoon ground cumin

- ☐ 0.5 teaspoon salt
- ☐ 1 pound shrimp deveined peeled
- ☐ 2 teaspoons vegetable oil

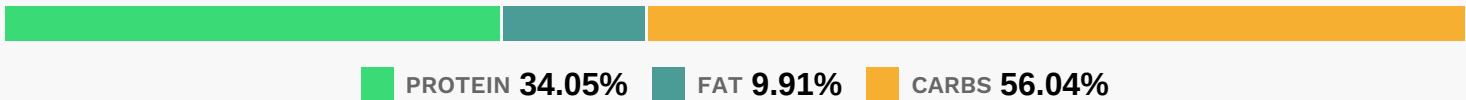
Equipment

- ☐ frying pan

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ While pasta cooks, heat oil in a large nonstick skillet over medium-high heat.
- ☐ Sprinkle shrimp with salt and black pepper.
- ☐ Add the shrimp to pan, and cook 1 minute on each side or until done.
- ☐ Remove shrimp from pan.
- ☐ Add garlic to pan; saut 1 minute.
- ☐ Add chile paste, scraping pan to loosen browned bits.
- ☐ Add cumin and tomatoes; simmer 10 minutes, stirring occasionally.
- ☐ Remove pan from heat. Stir in shrimp, parsley, and red pepper. Toss with pasta.

Nutrition Facts



Properties

Glycemic Index:44.75, Glycemic Load:19.57, Inflammation Score:-7, Nutrition Score:22.229565205781%

Flavonoids

Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 1.17mg, Myricetin: 1.17mg, Myricetin: 1.17mg, Myricetin: 1.17mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 376.94kcal (18.85%), Fat: 4.22g (6.49%), Saturated Fat: 0.69g (4.3%), Carbohydrates: 53.69g (17.9%), Net Carbohydrates: 49.4g (17.96%), Sugar: 6.7g (7.45%), Cholesterol: 182.57mg (60.86%), Sodium: 575.69mg (25.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.62g (65.24%), Vitamin K: 133.27µg (126.93%), Selenium: 37.14µg (53.06%), Manganese: 0.86mg (42.89%), Copper: 0.83mg (41.71%), Phosphorus: 399.37mg (39.94%), Vitamin C: 21.6mg (26.18%), Magnesium: 98.12mg (24.53%), Potassium: 821.24mg (23.46%), Iron: 3.63mg (20.16%), Vitamin A: 946.19IU (18.92%), Zinc: 2.77mg (18.45%), Fiber: 4.29g (17.18%), Vitamin B6: 0.31mg (15.26%), Calcium: 143.97mg (14.4%), Vitamin B3: 2.49mg (12.47%), Vitamin E: 1.72mg (11.46%), Vitamin B1: 0.15mg (10.09%), Folate: 35.82µg (8.95%), Vitamin B2: 0.11mg (6.31%), Vitamin B5: 0.59mg (5.86%)