



Shrimp Florentine with Caramelized Garlic

READY IN



45 min.

SERVINGS



4

CALORIES



484 kcal

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 1 teaspoon butter
- ☐ 4 cups linguine hot cooked uncooked (8 ounces pasta)
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 0.5 cup fat-skimmed beef broth fat-free
- ☐ 20 garlic clove peeled
- ☐ 0.8 cup half and half
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 teaspoons olive oil
- ☐ 1.5 ounces parmesan cheese grated

- ☐ 0.3 teaspoon salt
- ☐ 1 pound shrimp deveined peeled
- ☐ 2 cups pkt spinach frozen dry thawed drained

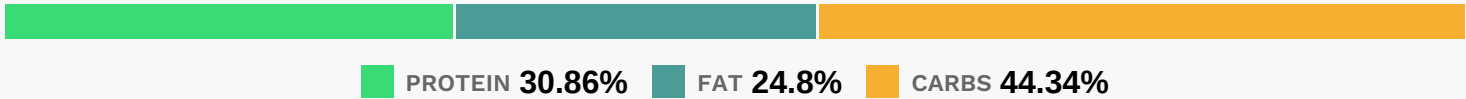
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 350
- ☐ To prepare garlic, combine 1/2 teaspoon kosher salt and garlic in a bowl.
- ☐ Place garlic mixture on a jelly-roll pan coated with cooking spray.
- ☐ Bake at 350 for 25 minutes or until browned, stirring occasionally.
- ☐ To prepare shrimp, heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add shrimp; saut 3 minutes or until done.
- ☐ Remove shrimp from pan.
- ☐ Melt butter in pan over medium heat. Stir in half-and-half, broth, cheese, 1/4 teaspoon salt, red pepper, and black pepper. Cook 1 minute or until cheese melts, stirring constantly. Stir in shrimp and spinach; cook 1 minute.
- ☐ Combine shrimp mixture, garlic mixture, and pasta in a large bowl; toss well.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:48.13, Glycemic Load:21.91, Inflammation Score:-8, Nutrition Score:21.52000004701%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

Nutrients (% of daily need)

Calories: 483.77kcal (24.19%), Fat: 13.34g (20.52%), Saturated Fat: 6.15g (38.45%), Carbohydrates: 53.67g (17.89%), Net Carbohydrates: 50.35g (18.31%), Sugar: 2.96g (3.29%), Cholesterol: 210.39mg (70.13%), Sodium: 926.74mg (40.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.34g (74.68%), Vitamin K: 75µg (71.43%), Selenium: 46.4µg (66.28%), Phosphorus: 471.47mg (47.15%), Manganese: 0.91mg (45.68%), Vitamin A: 1729.13IU (34.58%), Copper: 0.67mg (33.44%), Calcium: 269.67mg (26.97%), Magnesium: 90.26mg (22.57%), Zinc: 3.16mg (21.09%), Iron: 3.26mg (18.11%), Potassium: 598.67mg (17.1%), Vitamin B6: 0.32mg (16.22%), Fiber: 3.31g (13.26%), Vitamin B2: 0.21mg (12.13%), Vitamin C: 9.3mg (11.28%), Folate: 42.07µg (10.52%), Vitamin E: 0.94mg (6.24%), Vitamin B1: 0.09mg (5.97%), Vitamin B3: 1.03mg (5.13%), Vitamin B12: 0.29µg (4.81%), Vitamin B5: 0.46mg (4.65%)