



Shrimp Fra Diabolo



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



265 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14.5 ounce canned tomatoes diced canned
- ☐ 0.5 tablespoon basil dried
- ☐ 1 tablespoon parsley dried
- ☐ 3 cloves garlic minced
- ☐ 1 pinch ground pepper black to taste
- ☐ 0.3 cup olive oil
- ☐ 1 tablespoon pepper flakes red to taste
- ☐ 1 shallots minced

- ☐ 1 pound shrimp deveined peeled
- ☐ 3 tablespoons tomato paste

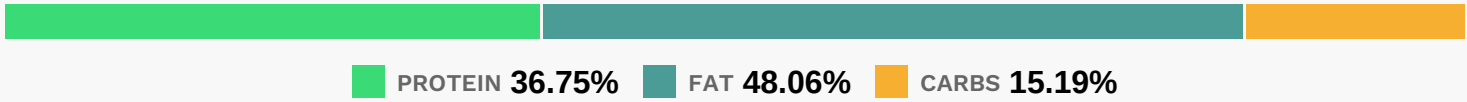
Equipment

- ☐ frying pan

Directions

- ☐ Heat olive oil in a large skillet over medium-high heat. Cook and stir shallot and garlic in hot oil until tender, about 5 minutes.
- ☐ Add red pepper flakes; cook and stir to release flavor, about 1 minute. Stir fire-roasted tomatoes and tomato paste into the shallot mixture. Thin the sauce by stirring white wine into the mixture; cook and stir until sauce becomes thick and bubbly, 4 to 5 minutes.
- ☐ Reduce heat to medium-low.
- ☐ Add shrimp to the tomato mixture; cook and stir until shrimp are pink and cooked through, about 5 minutes. Season with parsley, basil, and black pepper.

Nutrition Facts



Properties

Glycemic Index:34.25, Glycemic Load:1.27, Inflammation Score:-7, Nutrition Score:10.653043482615%

Flavonoids

Apigenin: 22.53mg, Apigenin: 22.53mg, Apigenin: 22.53mg, Apigenin: 22.53mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1.66mg, Isorhamnetin: 1.66mg, Isorhamnetin: 1.66mg, Isorhamnetin: 1.66mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 265.39kcal (13.27%), Fat: 14.49g (22.29%), Saturated Fat: 2.06g (12.87%), Carbohydrates: 10.3g (3.43%), Net Carbohydrates: 7.75g (2.82%), Sugar: 4.54g (5.04%), Cholesterol: 182.57mg (60.86%), Sodium: 424.85mg (18.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.92g (49.84%), Phosphorus: 269.41mg (26.94%), Copper: 0.53mg (26.71%), Vitamin K: 27.11µg (25.82%), Vitamin A: 1201.07IU (24.02%), Vitamin E: 3.33mg (22.17%), Potassium: 516.98mg (14.77%), Iron: 2.6mg (14.44%), Magnesium: 55.18mg (13.8%), Calcium: 137.86mg (13.79%),

Manganese: 0.26mg (13.24%), Zinc: 1.8mg (11.97%), Fiber: 2.55g (10.22%), Vitamin C: 6.32mg (7.66%), Vitamin B6: 0.13mg (6.43%), Vitamin B3: 0.7mg (3.52%), Vitamin B2: 0.06mg (3.46%), Selenium: 1.53µg (2.18%), Folate: 6.65µg (1.66%), Vitamin B1: 0.02mg (1.46%)