



Shrimp Fra Diavolo

 Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



417 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 28 ounce canned tomatoes diced undrained canned
- 0.5 cup bottled clam juice
- 0.8 teaspoon pepper red divided crushed
- 0.5 cup cooking wine dry white
- 9 ounce fettuccine barilla fresh refrigerated
- 0.3 cup flat-leaf parsley fresh chopped
- 1 tablespoon rosemary fresh finely chopped
- 12 cloves garlic minced

- 1 tablespoon olive oil divided
- 0.3 teaspoon salt
- 1.5 pounds shrimp deveined peeled

Equipment

- bowl
- frying pan
- dutch oven

Directions

- Cook pasta in a Dutch oven according to package directions, omitting salt and fat.
- While water comes to a boil and pasta cooks, combine shrimp, 1 1/2 teaspoons olive oil, and 1/2 teaspoon crushed red pepper in a bowl; toss well to coat shrimp.
- Heat a large nonstick skillet over medium-high heat 2 minutes or until very hot.
- Add shrimp; saut 1 minute.
- Remove shrimp from pan; set aside. Reduce heat to medium.
- Add remaining 1 1/2 teaspoons oil, rosemary, and garlic to pan; saut 3 minutes or until fragrant.
- Add wine and clam juice; bring to a boil over medium-high heat. Boil 5 minutes or until liquid is reduced by half.
- Add remaining 1/4 teaspoon crushed red pepper, salt, and tomatoes; return to a boil over medium-high heat, and cook 5 minutes, stirring frequently. Stir in shrimp and any juices; remove from heat.
- Drain pasta well, and return to Dutch oven.
- Add shrimp mixture and parsley; toss well.
- Serve immediately.
- Fra diavolo (frah de-AH-voh-loh), which translates as "brother devil," is a term that refers to a spicy dish that's seasoned heavily with black or red pepper.

Nutrition Facts



■ PROTEIN 36.7% ■ FAT 13.4% ■ CARBS 49.9%

Properties

Glycemic Index:24.2, Glycemic Load:16.05, Inflammation Score:-7, Nutrition Score:17.794347887454%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 417.1kcal (20.85%), Fat: 5.93g (9.13%), Saturated Fat: 1.16g (7.22%), Carbohydrates: 49.71g (16.57%), Net Carbohydrates: 46.29g (16.83%), Sugar: 5.76g (6.4%), Cholesterol: 261.95mg (87.32%), Sodium: 628.24mg (27.31%), Alcohol: 2.47g (100%), Alcohol %: 0.77% (100%), Protein: 36.56g (73.12%), Selenium: 41.42µg (59.17%), Vitamin K: 51.68µg (49.22%), Phosphorus: 435.03mg (43.5%), Copper: 0.72mg (36.09%), Manganese: 0.65mg (32.56%), Magnesium: 84.92mg (21.23%), Vitamin A: 1055.93IU (21.12%), Zinc: 2.98mg (19.89%), Calcium: 176.16mg (17.62%), Iron: 3.04mg (16.88%), Potassium: 575.92mg (16.45%), Fiber: 3.41g (13.65%), Vitamin C: 10.37mg (12.57%), Vitamin B6: 0.24mg (11.81%), Vitamin B1: 0.11mg (7.39%), Vitamin B3: 1.28mg (6.4%), Vitamin B5: 0.56mg (5.57%), Folate: 22.23µg (5.56%), Vitamin E: 0.76mg (5.07%), Vitamin B2: 0.07mg (3.92%), Vitamin B12: 0.16µg (2.58%), Vitamin D: 0.15µg (1.02%)