



Shrimp Fra Diavolo

 Dairy Free

READY IN

ready

30 min.

SERVINGS

servings

4

CALORIES

calories

495 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup cooking wine dry white (such as Pinot Blanc or Chardonnay)
- ☐ 8 ounces fettuccini dry uncooked
- ☐ 0.3 cup flat parsley fresh chopped
- ☐ 1 clove garlic minced
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 teaspoon pepper flakes red crushed
- ☐ 1 pound shrimp deveined peeled
- ☐ 14.5 ounce hunt's® tomatoes diced with basil, garlic and oregano, undrained canned

- ☐ 3 tablespoons virgin olive oil
- ☐ 1 cup onion yellow chopped

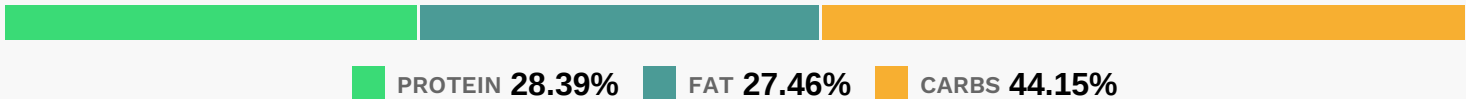
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Prepare fettuccini according to package directions; keep warm. Meanwhile, toss shrimp with red pepper flakes and salt; set aside.
- ☐ Heat oil in large skillet over medium-high heat for 1 minute.
- ☐ Add shrimp, cook about 2 minutes, stirring often, or just until shrimp turns pink and opaque.
- ☐ Remove from pan; keep warm.
- ☐ Add onion to skillet. Cook about 5 minutes, stirring often, or until onion is soft.
- ☐ Add undrained tomatoes, wine and garlic. Cook about 10 minutes over medium heat until sauce thickens a bit. Return shrimp and its juice to pan, stir to combine and heat through.
- ☐ Remove skillet from heat. Stir in parsley. Divide hot, cooked pasta into 4 shallow bowls. Top each with shrimp and sauce.

Nutrition Facts



Properties

Glycemic Index:46.5, Glycemic Load:19.17, Inflammation Score:-8, Nutrition Score:21.816956297211%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.93mg, Naringenin: 0.93mg, Naringenin: 0.93mg, Naringenin: 0.93mg Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg

0.72mg, Myricetin: 0.72mg Quercetin: 8.76mg, Quercetin: 8.76mg, Quercetin: 8.76mg, Quercetin: 8.76mg

Nutrients (% of daily need)

Calories: 494.51kcal (24.73%), Fat: 13.95g (21.46%), Saturated Fat: 2.3g (14.35%), Carbohydrates: 50.44g (16.81%), Net Carbohydrates: 46.34g (16.85%), Sugar: 6.12g (6.8%), Cholesterol: 230.2mg (76.73%), Sodium: 457.91mg (19.91%), Alcohol: 6.18g (100%), Alcohol %: 2.01% (100%), Protein: 32.43g (64.87%), Vitamin K: 77.16µg (73.49%), Selenium: 45.15µg (64.5%), Phosphorus: 431.2mg (43.12%), Manganese: 0.79mg (39.45%), Copper: 0.7mg (35.17%), Vitamin A: 1356.22IU (27.12%), Vitamin C: 22.26mg (26.99%), Magnesium: 96.69mg (24.17%), Potassium: 815.97mg (23.31%), Zinc: 2.99mg (19.96%), Vitamin E: 2.5mg (16.69%), Fiber: 4.1g (16.39%), Vitamin B6: 0.31mg (15.29%), Iron: 2.58mg (14.35%), Calcium: 125.76mg (12.58%), Folate: 45.92µg (11.48%), Vitamin B1: 0.16mg (10.79%), Vitamin B3: 2.02mg (10.12%), Vitamin B5: 0.71mg (7.09%), Vitamin B2: 0.1mg (5.86%), Vitamin B12: 0.16µg (2.74%), Vitamin D: 0.17µg (1.13%)