



Shrimp Fra Diavolo

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



391 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 10 ounces cremini mushrooms sliced
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 2.5 cups basic marinara
- ☐ 1 tablespoon olive oil
- ☐ 0.3 teaspoon salt
- ☐ 1 pound shrimp deveined peeled
- ☐ 8 ounces pasta like spaghetti uncooked

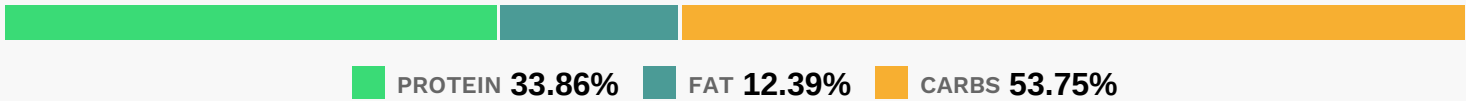
Equipment

☐ frying pan

Directions

- ☐ Cook pasta according to package directions.
- ☐ Drain; keep warm.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add mushrooms to pan; saut 6 minutes.
- ☐ Add Basic Marinara, red pepper, salt, and black pepper; bring to a simmer. Cook 5 minutes.
- ☐ Add shrimp; cook 3 minutes or until shrimp are done.
- ☐ Serve over pasta.
- ☐ Garnish with parsley sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:29.75, Glycemic Load:19.66, Inflammation Score:-7, Nutrition Score:22.62521757639%

Nutrients (% of daily need)

Calories: 391.04kcal (19.55%), Fat: 5.5g (8.47%), Saturated Fat: 0.84g (5.22%), Carbohydrates: 53.72g (17.91%), Net Carbohydrates: 49.06g (17.84%), Sugar: 8.2g (9.11%), Cholesterol: 182.57mg (60.86%), Sodium: 1017.95mg (44.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.84g (67.69%), Selenium: 55.24µg (78.91%), Copper: 1.14mg (57.1%), Phosphorus: 477.17mg (47.72%), Manganese: 0.84mg (42.12%), Potassium: 1204.71mg (34.42%), Vitamin B2: 0.48mg (28.44%), Vitamin B3: 5.2mg (26.02%), Magnesium: 99.68mg (24.92%), Zinc: 3.45mg (22.99%), Vitamin E: 2.88mg (19.17%), Fiber: 4.66g (18.62%), Vitamin B5: 1.78mg (17.85%), Iron: 3.16mg (17.54%), Vitamin B6: 0.31mg (15.71%), Vitamin A: 737.84IU (14.76%), Vitamin C: 10.72mg (12.99%), Calcium: 120.18mg (12.02%), Folate: 41.8µg (10.45%), Vitamin B1: 0.16mg (10.39%), Vitamin K: 6.92µg (6.59%), Vitamin B12: 0.07µg (1.18%)