



Shrimp Fra Diavolo



Gluten Free



Dairy Free

READY IN



33 min.

SERVINGS



4

CALORIES



289 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14.5 ounce canned tomatoes diced canned
- ☐ 1 cup cooking wine dry white
- ☐ 3 tablespoon basil leaves fresh chopped
- ☐ 3 garlic cloves chopped
- ☐ 3 tablespoons olive oil
- ☐ 1 medium onion sliced
- ☐ 0.3 teaspoon oregano leaves dried
- ☐ 3 tablespoon parsley leaves fresh italian chopped

- ☐ 1 teaspoon pepper flakes dried red crushed
- ☐ 1 teaspoon salt as needed
- ☐ 1 pound shrimp deveined peeled

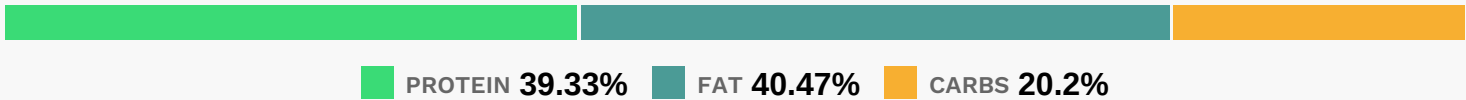
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Toss the shrimp in a medium bowl with 1 teaspoon of salt and red pepper flakes.
- ☐ Heat the 3 tablespoons oil in a heavy large skillet over medium-high heat.
- ☐ Add the shrimp and saute for about a minute, toss, and continue cooking until just cooked through, about 1 to 2 minutes.
- ☐ Transfer the shrimp to a large plate; set aside.
- ☐ Add the onion to the same skillet, adding 1 to 2 teaspoons of olive oil to the pan, if necessary, and saute until translucent, about 5 minutes.
- ☐ Add the tomatoes with their juices, wine, garlic, and oregano. Simmer until the sauce thickens slightly, about 10 minutes. Return the shrimp and any accumulated juices to the tomato mixture; toss to coat, and cook for about a minute so the flavors meld together. Stir in the parsley and basil. Season with more salt, to taste, and serve.

Nutrition Facts



Properties

Glycemic Index:54.25, Glycemic Load:3.16, Inflammation Score:-7, Nutrition Score:14.764347967894%

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: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 6.48mg, Apigenin: 6.48mg, Apigenin: 6.48mg, Apigenin: 6.48mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg

Nutrients (% of daily need)

Calories: 288.81kcal (14.44%), Fat: 11.51g (17.72%), Saturated Fat: 1.64g (10.23%), Carbohydrates: 12.93g (4.31%), Net Carbohydrates: 10.11g (3.68%), Sugar: 6.36g (7.06%), Cholesterol: 182.57mg (60.86%), Sodium: 866.63mg (37.68%), Alcohol: 6.18g (100%), Alcohol %: 2.42% (100%), Protein: 25.18g (50.36%), Vitamin K: 68.89µg (65.61%), Copper: 0.67mg (33.39%), Phosphorus: 302.04mg (30.2%), Potassium: 724.85mg (20.71%), Vitamin E: 3.05mg (20.35%), Manganese: 0.41mg (20.35%), Vitamin C: 16.46mg (19.95%), Magnesium: 73.11mg (18.28%), Iron: 2.61mg (14.52%), Vitamin A: 703.92IU (14.08%), Calcium: 134.22mg (13.42%), Zinc: 2.01mg (13.42%), Vitamin B6: 0.26mg (13.09%), Fiber: 2.82g (11.27%), Vitamin B3: 1.48mg (7.42%), Vitamin B1: 0.1mg (6.79%), Folate: 25.27µg (6.32%), Vitamin B2: 0.08mg (4.81%), Vitamin B5: 0.38mg (3.81%), Selenium: 1.25µg (1.79%)