



Shrimp Fra Diavolo

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



462 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.8 cups tomatoes canned crushed
- ☐ 14.5 ounce canned tomatoes diced drained canned
- ☐ 1 teaspoon pepper red crushed
- ☐ 0.5 teaspoon basil dried
- ☐ 1.5 tablespoons garlic divided minced
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 8 ounces pasta uncooked
- ☐ 2 tablespoons olive oil extra-virgin divided

- ☐ 0.8 cup onion diced
- ☐ 0.5 teaspoon oregano dried
- ☐ 0.3 teaspoon salt
- ☐ 1 pound shrimp deveined peeled
- ☐ 2 tablespoons tomato paste

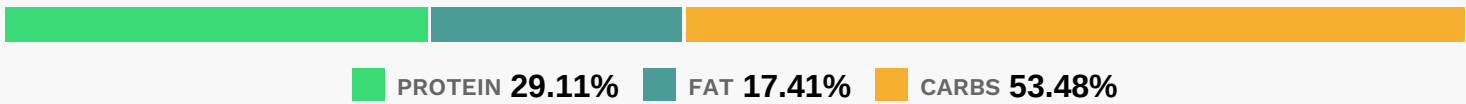
Equipment

- ☐ frying pan

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ Drain; keep warm.
- ☐ While pasta cooks, heat 1 tablespoon oil in a large nonstick skillet over medium-high heat.
- ☐ Add 1 1/2 teaspoons garlic and shrimp; saut or 3 minutes or until shrimp are done.
- ☐ Remove from pan; keep warm.
- ☐ Add remaining 1 tablespoon oil and onion to pan; saut 5 minutes or until softened. Stir in remaining 1 tablespoon garlic, pepper, basil, and oregano; cook 1 minute, stirring constantly. Stir in tomato paste and lemon juice; cook 1 minute or until slightly darkened. Stir in crushed tomatoes, salt, and diced tomatoes; cook 5 minutes or until thickened. Return shrimp to pan; cook for 2 minutes or until thoroughly heated.
- ☐ Serve over pasta.

Nutrition Facts



Properties

Glycemic Index:56.25, Glycemic Load:22.73, Inflammation Score:-8, Nutrition Score:23.778695687004%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg,

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 6.16mg, Quercetin: 6.16mg, Quercetin: 6.16mg, Quercetin: 6.16mg

Nutrients (% of daily need)

Calories: 461.61kcal (23.08%), Fat: 9.2g (14.15%), Saturated Fat: 1.36g (8.53%), Carbohydrates: 63.59g (21.2%), Net Carbohydrates: 56.58g (20.57%), Sugar: 13.11g (14.57%), Cholesterol: 182.57mg (60.86%), Sodium: 632.54mg (27.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.61g (69.21%), Selenium: 38.21µg (54.58%), Manganese: 1.09mg (54.31%), Copper: 1.05mg (52.44%), Phosphorus: 439.04mg (43.9%), Potassium: 1194.23mg (34.12%), Vitamin C: 25.56mg (30.99%), Magnesium: 121.12mg (30.28%), Vitamin E: 4.29mg (28.57%), Fiber: 7.02g (28.07%), Iron: 4.73mg (26.25%), Vitamin B6: 0.5mg (25.02%), Zinc: 3.06mg (20.39%), Vitamin K: 20.64µg (19.65%), Vitamin B3: 3.89mg (19.47%), Calcium: 179.46mg (17.95%), Vitamin B1: 0.23mg (15.65%), Vitamin A: 725.11IU (14.5%), Folate: 45.95µg (11.49%), Vitamin B2: 0.17mg (10.25%), Vitamin B5: 0.9mg (9.03%)