



Shrimp Fra Diavolo with Vermicelli

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



512 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 cups canned tomatoes thick canned crushed (one 16-ounce can)
- 2 tablespoons cooking oil
- 0.3 cup parsley fresh chopped
- 2 cloves garlic minced
- 1 onion chopped
- 0.3 teaspoon red-pepper flakes dried
- 0.8 pound vermicelli
- 0.8 teaspoon salt

1 pound shrimp shelled

0.3 cup water

Equipment

frying pan

pot

Directions

In a large frying pan, heat the oil over moderately low heat.

Add the onion and cook, stirring occasionally, until translucent, about 5 minutes.

Add the garlic and cook, stirring, 30 seconds longer. Stir in the tomatoes, red-pepper flakes, water, parsley, and salt. Reduce the heat and simmer, covered, for 10 minutes.

Add the shrimp and cook, covered, just until the shrimp are pink, about 4 minutes.

In a large pot of boiling, salted water, cook the vermicelli until just done, about 9 minutes.

Drain the pasta and toss with the tomato sauce and shrimp.

Variations: Lobster Fra Diavolo with Vermicelli: If you're in a celebratory mood, lobster would taste great in place of the shrimp.

Vermicelli Fra Diavolo: The full-flavored sauce can stand on its own without the shrimp.

Add a sprinkling of Parmesan cheese.

Wine Recommendation: Look for a refreshing, fruity red to contrast with the heat of the red-pepper flakes. A bottle of food-friendly dolcetto or barbera from the Piedmont region of Italy would be perfect.

Nutrition Facts



PROTEIN 21.77% FAT 14.82% CARBS 63.41%

Properties

Glycemic Index:46.25, Glycemic Load:42.87, Inflammation Score:-6, Nutrition Score:16.619130642518%

Flavonoids

Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg 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: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg

Nutrients (% of daily need)

Calories: 511.82kcal (25.59%), Fat: 8.39g (12.91%), Saturated Fat: 0.82g (5.11%), Carbohydrates: 80.77g (26.92%), Net Carbohydrates: 77.02g (28.01%), Sugar: 5.21g (5.79%), Cholesterol: 182.57mg (60.86%), Sodium: 851.79mg (37.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.73g (55.47%), Vitamin K: 71.57µg (68.16%), Phosphorus: 414.66mg (41.47%), Copper: 0.7mg (35.03%), Manganese: 0.7mg (34.84%), Selenium: 13.77µg (19.67%), Vitamin C: 15.84mg (19.2%), Potassium: 660.25mg (18.86%), Magnesium: 73.39mg (18.35%), Zinc: 2.51mg (16.71%), Vitamin E: 2.44mg (16.28%), Iron: 2.71mg (15.03%), Fiber: 3.75g (15.01%), Calcium: 134.08mg (13.41%), Vitamin A: 548.76IU (10.98%), Vitamin B6: 0.21mg (10.32%), Vitamin B1: 0.11mg (7.57%), Vitamin B3: 1.4mg (7.01%), Folate: 25.35µg (6.34%), Vitamin B2: 0.08mg (4.45%), Vitamin B5: 0.35mg (3.55%)