



Shrimp Lemon Pepper Linguini

 Popular

READY IN



40 min.

SERVINGS



4

CALORIES



466 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 teaspoons pepper black freshly ground
- ☐ 0.3 cup butter
- ☐ 0.5 cup chicken broth
- ☐ 1 tablespoon basil fresh chopped
- ☐ 3 tablespoons parsley fresh chopped
- ☐ 6 cloves garlic minced
- ☐ 1 juice of lemon juiced
- ☐ 0.5 teaspoon lemon zest

- ☐ 1 tablespoon olive oil
- ☐ 8 ounce linguine pasta
- ☐ 4 servings salt to taste
- ☐ 1 pound shrimp fresh deveined peeled
- ☐ 0.3 cup white wine

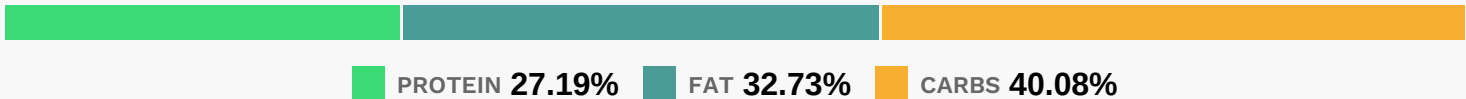
Equipment

- ☐ sauce pan
- ☐ pot

Directions

- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Add linguine, and cook for 9 to 13 minutes or until al dente; drain.
- ☐ Heat oil in a large saucepan over medium heat, and saute garlic about 1 minute.
- ☐ Mix in chicken broth, wine, lemon juice, lemon zest, salt, and pepper. Reduce heat, and simmer until liquid is reduced by about 1/
- ☐ Mix shrimp, butter, parsley, and basil into the saucepan. Cook 2 to 3 minutes, until shrimp is opaque. Stir in the cooked linguine, and continue cooking 2 minutes, until well coated.

Nutrition Facts



Properties

Glycemic Index:67.75, Glycemic Load:17.66, Inflammation Score:-6, Nutrition Score:15.484782519548%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.15mg, Hesperetin: 1.15mg, Hesperetin: 1.15mg, Hesperetin: 1.15mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg,

Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 465.65kcal (23.28%), Fat: 16.6g (25.54%), Saturated Fat: 8.08g (50.47%), Carbohydrates: 45.75g (15.25%), Net Carbohydrates: 43.44g (15.8%), Sugar: 2.07g (2.3%), Cholesterol: 213.66mg (71.22%), Sodium: 535.92mg (23.3%), Alcohol: 1.54g (100%), Alcohol %: 0.79% (100%), Protein: 31.03g (62.06%), Vitamin K: 56.21µg (53.53%), Selenium: 36.81µg (52.59%), Manganese: 0.8mg (40.16%), Phosphorus: 368.23mg (36.82%), Copper: 0.65mg (32.35%), Magnesium: 76.96mg (19.24%), Zinc: 2.48mg (16.5%), Potassium: 502.78mg (14.37%), Vitamin A: 640.68IU (12.81%), Calcium: 108.95mg (10.9%), Vitamin C: 8.71mg (10.56%), Iron: 1.8mg (9.97%), Fiber: 2.32g (9.27%), Vitamin B6: 0.15mg (7.73%), Vitamin E: 0.96mg (6.4%), Vitamin B3: 1.14mg (5.72%), Vitamin B1: 0.07mg (4.9%), Folate: 17.52µg (4.38%), Vitamin B2: 0.07mg (4.11%), Vitamin B5: 0.33mg (3.34%)