



Shrimp Linguine in a Tomato and Feta Sauce (aka Shrimp Saganaki Linguine)

♡ Popular

READY IN



30 min.

SERVINGS



4

CALORIES



473 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 28 ounce canned tomatoes fresh diced canned
- ☐ 0.3 cup chicken broth
- ☐ 4 servings chili pepper flakes red to taste
- ☐ 1 tablespoon optional: dill chopped
- ☐ 0.5 cup feta crumbled
- ☐ 3 cloves garlic chopped
- ☐ 8 ounces pasta

- ☐ 1 tablespoon olive oil
- ☐ 1 onion diced
- ☐ 1 teaspoon oregano
- ☐ 0.3 cup parsley chopped
- ☐ 4 servings salt and pepper to taste
- ☐ 1 pound shrimp peeled

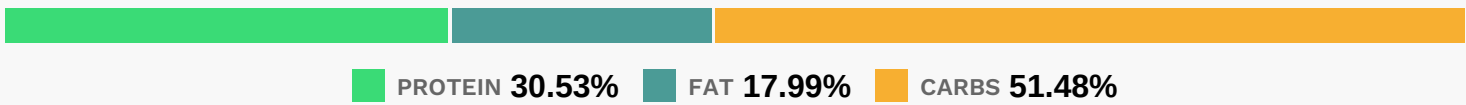
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Bring water to a boil in a large pot and cook the pasta as directed on package. Meanwhile, heat the oil in a pan over medium heat, add the onion and cook until tender, about 5–7 minutes.
- ☐ Add the garlic and chili pepper flakes and cook until fragrant, about 1 minute.
- ☐ Add the wine and simmer for a few minutes.
- ☐ Add the tomatoes and oregano and simmer until the sauce thickens, about 10 minutes
- ☐ Add the shrimp and and simmer until cooked, about 2–4 minutes.
- ☐ Mix in the feta, dill and parsley, season with salt and pepper and serve over the linguine.

Nutrition Facts



Properties

Glycemic Index:65.25, Glycemic Load:22.43, Inflammation Score:-9, Nutrition Score:28.590000235516%

Flavonoids

Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 5.69mg, Quercetin: 5.69mg,

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Nutrients (% of daily need)

Calories: 472.82kcal (23.64%), Fat: 9.69g (14.9%), Saturated Fat: 3.36g (21%), Carbohydrates: 62.38g (20.79%), Net Carbohydrates: 55.79g (20.29%), Sugar: 12.08g (13.42%), Cholesterol: 199.55mg (66.52%), Sodium: 867.06mg (37.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.99g (73.98%), Vitamin K: 79.18µg (75.41%), Selenium: 40.43µg (57.76%), Manganese: 1.06mg (52.85%), Copper: 1.02mg (50.9%), Phosphorus: 495.81mg (49.58%), Vitamin C: 40.45mg (49.03%), Potassium: 1130.79mg (32.31%), Magnesium: 122.04mg (30.51%), Vitamin B6: 0.58mg (28.9%), Calcium: 270.3mg (27.03%), Fiber: 6.59g (26.35%), Iron: 4.68mg (26.01%), Zinc: 3.56mg (23.73%), Vitamin E: 3.28mg (21.88%), Vitamin B2: 0.33mg (19.37%), Vitamin B3: 3.85mg (19.26%), Vitamin A: 934.15IU (18.68%), Vitamin B1: 0.26mg (17.36%), Folate: 56.63µg (14.16%), Vitamin B5: 1.07mg (10.66%), Vitamin B12: 0.32µg (5.33%)