



Shrimp Linguine in a Tomato and White Wine Sauce



Dairy Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



646 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 28 ounce canned tomatoes crushed canned
- ☐ 4 servings chili flakes to taste
- ☐ 4 cloves garlic chopped
- ☐ 0.5 cup herbs such as parsley and basil fresh chopped
- ☐ 1 pound pasta whole wheat (I used)
- ☐ 1 tablespoon olive oil
- ☐ 1 onion diced

- ☐ 0.5 teaspoon oregano
- ☐ 4 servings salt and pepper to taste
- ☐ 1 pound shrimp peeled
- ☐ 0.3 cup white wine

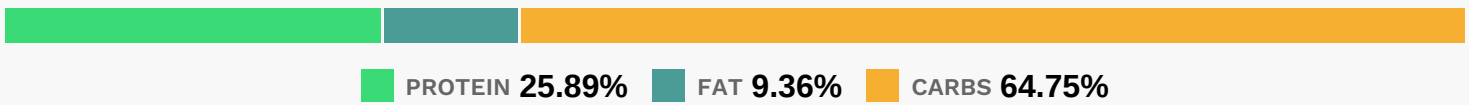
Equipment

- ☐ frying pan

Directions

- ☐ Heat the oil in the pan.
- ☐ Add the onion and saute until tender, about 5–7 minutes.
- ☐ Add the garlic and chili pepper flakes and saute until fragrant, about a minute.
- ☐ Add the white wine and simmer for 5 minutes.
- ☐ Add the tomatoes and oregano and simmer until the sauce just starts to thicken, about 15 minutes. Meanwhile, cook the pasta as directed
- ☐ Season the tomato sauce with salt and pepper to taste.
- ☐ Add the shrimp to the tomato sauce and simmer until cooked, about 2–3 minutes per side.
- ☐ Remove the tomato sauce from the heat and mix in the parsley and basil.
- ☐ Drain the pasta, toss in the tomato sauce and serve optionally garnished with feta.

Nutrition Facts



Properties

Glycemic Index:56.75, Glycemic Load:39.03, Inflammation Score:-9, Nutrition Score:30.022608591163%

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 Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg

0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.64mg, Quercetin: 5.64mg, Quercetin: 5.64mg, Quercetin: 5.64mg

Nutrients (% of daily need)

Calories: 646.3kcal (32.32%), Fat: 6.7g (10.31%), Saturated Fat: 1.06g (6.62%), Carbohydrates: 104.34g (34.78%), Net Carbohydrates: 95.56g (34.75%), Sugar: 13.26g (14.74%), Cholesterol: 182.57mg (60.86%), Sodium: 632.9mg (27.52%), Alcohol: 1.54g (100%), Alcohol %: 0.41% (100%), Protein: 41.72g (83.45%), Selenium: 73.87µg (105.52%), Manganese: 1.63mg (81.25%), Copper: 1.19mg (59.39%), Phosphorus: 543.81mg (54.38%), Magnesium: 150.06mg (37.51%), Potassium: 1247.6mg (35.65%), Fiber: 8.78g (35.12%), Iron: 5.35mg (29.71%), Vitamin B6: 0.59mg (29.28%), Vitamin K: 29.08µg (27.69%), Vitamin C: 21.79mg (26.41%), Vitamin E: 3.95mg (26.33%), Zinc: 3.87mg (25.81%), Vitamin A: 1182.98IU (23.66%), Vitamin B3: 4.69mg (23.46%), Calcium: 193.02mg (19.3%), Vitamin B1: 0.28mg (18.45%), Folate: 54.87µg (13.72%), Vitamin B2: 0.21mg (12.15%), Vitamin B5: 1.13mg (11.25%)