



Shrimp Linguine with Ricotta, Fennel, and Spinach

READY IN



45 min.

SERVINGS



4

CALORIES



429 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 6 ounce baby spinach fresh
- 0.5 teaspoon pepper black freshly ground
- 1 cup fennel bulb vertically sliced
- 2 garlic cloves thinly sliced
- 2 tablespoons juice of lemon fresh
- 1 tablespoon lemon rind grated
- 9 ounces pasta fresh
- 1 tablespoon olive oil

- 0.5 cup parmesan cheese fresh grated
- 0.3 cup part-skim ricotta cheese
- 0.3 teaspoon salt
- 0.5 cup shallots thinly sliced
- 8 ounces shrimp deveined peeled

Equipment

- bowl
- frying pan
- colander

Directions

- Cook pasta according to package directions, omitting salt and fat.
- Drain in a colander over a bowl, reserving 1/2 cup cooking liquid.
- Heat a large skillet over medium-high heat.
- Add oil; swirl to coat.
- Add shrimp, fennel, and shallots; saut 3 minutes.
- Add garlic; saut 30 seconds.
- Add spinach; cook 2 minutes or until spinach wilts.
- Stir in rind and next 3 ingredients (through salt). Stir in reserved cooking liquid; cook 1 minute or until slightly thickened.
- Add pasta and Parmesan cheese; toss to coat. Top each serving with 1 tablespoon ricotta.

Nutrition Facts



Properties

Glycemic Index:59.5, Glycemic Load:21.24, Inflammation Score:-10, Nutrition Score:27.42260879019%

Flavonoids

Eriodictyol: 0.6mg, Eriodictyol: 0.6mg, Eriodictyol: 0.6mg, Eriodictyol: 0.6mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Kaempferol: 2.72mg, Kaempferol: 2.72mg, Kaempferol: 2.72mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg

Nutrients (% of daily need)

Calories: 429.21kcal (21.46%), Fat: 9.48g (14.59%), Saturated Fat: 3.59g (22.45%), Carbohydrates: 58.34g (19.45%), Net Carbohydrates: 53.47g (19.44%), Sugar: 5.48g (6.09%), Cholesterol: 104.59mg (34.86%), Sodium: 485.26mg (21.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.34g (56.69%), Vitamin K: 222.21µg (211.63%), Vitamin A: 4177.68IU (83.55%), Selenium: 46.89µg (66.99%), Manganese: 1.18mg (58.76%), Phosphorus: 409.93mg (40.99%), Calcium: 309.95mg (30.99%), Folate: 114.58µg (28.64%), Vitamin C: 22.23mg (26.95%), Magnesium: 106.46mg (26.61%), Copper: 0.52mg (26.07%), Potassium: 768.44mg (21.96%), Fiber: 4.87g (19.49%), Zinc: 2.63mg (17.51%), Iron: 3.05mg (16.94%), Vitamin B6: 0.33mg (16.28%), Vitamin B2: 0.21mg (12.12%), Vitamin E: 1.63mg (10.88%), Vitamin B1: 0.12mg (8.31%), Vitamin B3: 1.66mg (8.31%), Vitamin B5: 0.56mg (5.6%), Vitamin B12: 0.19µg (3.25%)