



WHATSheATE



Shrimp Marinara over Linguine



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



754 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tablespoon brown sugar
- ☐ 15 ounce tomato sauce canned
- ☐ 15 ounce canned tomatoes diced canned
- ☐ 1 teaspoon basil dried
- ☐ 1 head garlic peeled
- ☐ 2 cloves garlic
- ☐ 4 servings salt and ground pepper black
- ☐ 1 bunch mustard greens chopped

- ☐ 2 teaspoons olive oil
- ☐ 4 servings olive oil to cover
- ☐ 1 teaspoon oregano dried
- ☐ 1 pound linguine pasta
- ☐ 0.5 teaspoon pepper flakes red crushed
- ☐ 2 shallots
- ☐ 1 pound shrimp deveined peeled
- ☐ 2 tablespoons water

Equipment

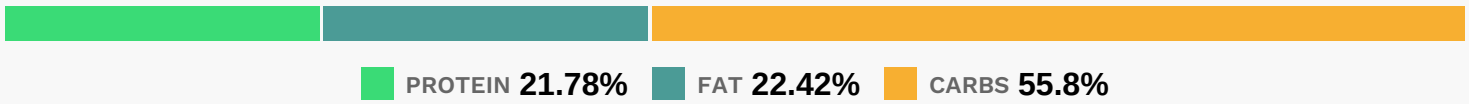
- ☐ food processor
- ☐ bowl
- ☐ frying pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Cook the pasta according to package directions.
- ☐ Drain and set aside (or refrigerate until later in the week).
- ☐ In a large skillet, heat olive oil over medium-high heat. In a food processor, pulse the shallots and garlic until minced.
- ☐ Add shallots and garlic to skillet and saute for 1 minute.
- ☐ Add oregano, basil and red pepper flakes and stir to coat.
- ☐ Add the diced tomatoes and tomato sauce and bring mixture to a boil. Reduce heat, cover and simmer 10 minutes. To the simmering sauce, add shrimp, cover skillet and simmer for 2 minutes, until shrimp are bright pink and cooked through.
- ☐ Pour sauce over linguine and serve with Wilted Mustard Greens.
- ☐ Heat oil in a large skillet over medium heat.
- ☐ Add garlic and cook 1 minute.
- ☐ Add brown sugar and cook until sugar melts, about 2 minutes.

- ☐
- Add mustard greens and 2 tablespoons water, cover pan and steam for 2 to 3 minutes until greens wilt. Season, to taste, with salt and ground black pepper.
- ☐
- Place the garlic cloves in the bowl of a food processor. Pulse until the garlic is finely minced. Spoon the minced garlic into a jar and pour over enough oil to cover the garlic. Seal well and store in the refrigerator for up to 1 week.

Nutrition Facts



Properties

Glycemic Index:71, Glycemic Load:39.36, Inflammation Score:-9, Nutrition Score:29.604782519133%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 754.07kcal (37.7%), Fat: 19.03g (29.28%), Saturated Fat: 2.75g (17.21%), Carbohydrates: 106.59g (35.53%), Net Carbohydrates: 98.34g (35.76%), Sugar: 15.52g (17.24%), Cholesterol: 182.57mg (60.86%), Sodium: 794.96mg (34.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.61g (83.22%), Selenium: 74.42µg (106.32%), Manganese: 1.63mg (81.63%), Copper: 1.14mg (56.98%), Phosphorus: 542.82mg (54.28%), Vitamin E: 5.52mg (36.8%), Potassium: 1279.51mg (36.56%), Magnesium: 145.85mg (36.46%), Fiber: 8.25g (33%), Iron: 5.34mg (29.65%), Vitamin B6: 0.59mg (29.45%), Vitamin K: 27.07µg (25.78%), Zinc: 3.83mg (25.56%), Vitamin C: 21.06mg (25.53%), Vitamin B3: 4.44mg (22.18%), Calcium: 185.44mg (18.54%), Vitamin A: 782.76IU (15.66%), Vitamin B1: 0.23mg (15.59%), Folate: 50.41µg (12.6%), Vitamin B2: 0.21mg (12.51%), Vitamin B5: 1.21mg (12.15%)