



Shrimp pasta with white wine tomato cream sauce

READY IN



45 min.

SERVINGS



4

CALORIES



489 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 250 g cherry tomatoes halved
- 1 small bunch cilantro leaves fresh chopped
- 2 teaspoons garlic chopped
- 2 tbsp cup heavy whipping cream
- 350 g long breadsticks
- 1 tbsp olive oil
- 4 servings salt and pepper to taste
- 2 medium shallots chopped

400 g shrimp cooked

Equipment

frying pan

ladle

pot

Directions

If you are using frozen shrimp, remove them from the fridge and allow to come to room temperature before using. Bring a large pot of water to a boil and cook your pasta according to package directions. 1 or 2 minutes before your pasta is done cooking, ladle about 250ml / 1 cup of the cooking water into a cup. In the meantime, heat the olive oil in a large frying pan over medium heat.

Add the shallots and garlic, season with salt and pepper, and saut until soft and translucent, about 3 to 5 minutes.

Add the wine and stir.

Add the tomatoes and simmer until the wine has evaporated, about 5 minutes.

Drain the pasta and add it to the sauce, along with the shrimp and cream, and toss to combine. If you find the sauce is too thick, add a splash of the pasta water.

Add the coriander and serve immediately. Find more recipes on my blog <http://alalemon.com>

Nutrition Facts



PROTEIN 26.9% **FAT 15.03%** **CARBS 58.07%**

Properties

Glycemic Index:33.5, Glycemic Load:26.92, Inflammation Score:-6, Nutrition Score:17.382173913043%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg

Taste

Sweetness: 89.7%, Saltiness: 34.96%, Sourness: 100%, Bitterness: 55.88%, Savoriness: 95.08%, Fattiness: 65.06%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 489.01kcal (24.45%), Fat: 8.14g (12.52%), Saturated Fat: 2.56g (16.03%), Carbohydrates: 70.73g (23.58%), Net Carbohydrates: 67g (24.36%), Sugar: 5.13g (5.7%), Cholesterol: 169.48mg (56.49%), Sodium: 329.69mg (14.33%), Protein: 32.77g (65.53%), Selenium: 56.22µg (80.31%), Manganese: 0.97mg (48.58%), Phosphorus: 411.98mg (41.2%), Copper: 0.71mg (35.59%), Magnesium: 91.05mg (22.76%), Vitamin C: 16.3mg (19.76%), Potassium: 660.76mg (18.88%), Zinc: 2.76mg (18.38%), Fiber: 3.73g (14.9%), Iron: 2.32mg (12.9%), Vitamin B6: 0.24mg (12.05%), Vitamin A: 551.47IU (11.03%), Calcium: 103.04mg (10.3%), Vitamin K: 10.51µg (10.01%), Vitamin B3: 1.88mg (9.41%), Vitamin B1: 0.11mg (7.64%), Folate: 29.71µg (7.43%), Vitamin E: 1.08mg (7.17%), Vitamin B5: 0.53mg (5.33%), Vitamin B2: 0.09mg (5.16%)