



Shrimp Sautéed with Fresh Tomatoes, Wine, and Basil

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



854 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 0.5 cup cooking wine dry white
- 0.3 cup basil fresh chopped
- 3 garlic cloves thinly sliced
- 0.3 cup green onions thinly sliced
- 1 cup ice cubes
- 0.3 teaspoon kosher salt

- 0.5 cup kosher salt (such as Diamond Crystal)
- 1.5 tablespoons olive oil
- 3 cups vermicelli hot cooked uncooked (6 ounces pasta)
- 1.3 pounds shrimp
- 1 cup tomatoes peeled seeded coarsely chopped
- 3.5 cups water

Equipment

- bowl
- frying pan
- ziploc bags

Directions

- Combine water and 1/2 cup salt in a large bowl, stirring until salt dissolves.
- Pour salt mixture into a large zip-top plastic bag.
- Add ice and shrimp; seal. Refrigerate 30 minutes.
- Remove shrimp from bag; discard brine. Peel shrimp.
- Heat oil in a large nonstick skillet over medium-high heat.
- Add onions and garlic; saut 15 seconds.
- Add shrimp, and saut 1 minute.
- Add wine; cook 1 minute, scraping pan to loosen browned bits.
- Add tomato, 1/4 teaspoon salt, and pepper; cook 3 minutes or until shrimp are done.
- Remove from heat; serve over pasta.
- Sprinkle with basil.

Nutrition Facts



PROTEIN 17.39% FAT 7.83% CARBS 74.78%

Properties

Glycemic Index:59.25, Glycemic Load:84.47, Inflammation Score:-4, Nutrition Score:16.490869522095%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

Nutrients (% of daily need)

Calories: 853.59kcal (42.68%), Fat: 7.08g (10.89%), Saturated Fat: 1.16g (7.23%), Carbohydrates: 152.21g (50.74%), Net Carbohydrates: 148.5g (54%), Sugar: 1.89g (2.1%), Cholesterol: 228.21mg (76.07%), Sodium: 14885.82mg (647.21%), Alcohol: 3.09g (100%), Alcohol %: 0.54% (100%), Protein: 35.4g (70.8%), Phosphorus: 598.42mg (59.84%), Manganese: 1.13mg (56.47%), Copper: 0.81mg (40.41%), Selenium: 27.29µg (38.98%), Vitamin K: 24.43µg (23.26%), Zinc: 3.46mg (23.07%), Magnesium: 86.52mg (21.63%), Calcium: 172.63mg (17.26%), Potassium: 596.91mg (17.05%), Iron: 2.98mg (16.58%), Fiber: 3.7g (14.82%), Vitamin C: 7.73mg (9.37%), Vitamin E: 1.21mg (8.09%), Vitamin B6: 0.14mg (7.13%), Vitamin B1: 0.09mg (6.14%), Vitamin B3: 0.92mg (4.58%), Vitamin B2: 0.08mg (4.5%), Vitamin A: 212.52IU (4.25%), Folate: 15.53µg (3.88%), Vitamin B5: 0.2mg (1.98%)