



WHATSheATE



Shrimp Scampi over Whole-Wheat Spaghetti



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



544 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 teaspoon pepper red crushed
- ☐ 0.5 cup wine dry white
- ☐ 0.5 cup parsley fresh finely chopped
- ☐ 4 large cloves garlic minced
- ☐ 0.3 cup olive oil
- ☐ 4 servings salt
- ☐ 1 pound shrimp deveined peeled
- ☐ 12 ounces spaghetti whole-wheat

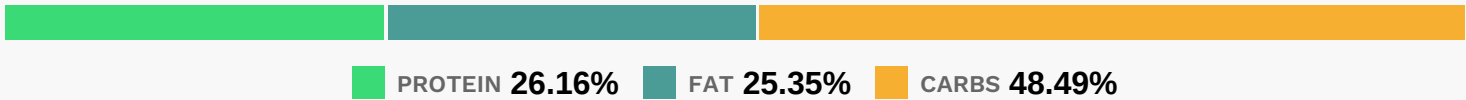
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Bring a large pot of salted water to boil.
- ☐ Add spaghetti and cook until al dente, according to package label directions, about 10 minutes.
- ☐ While spaghetti is cooking, warm oil in a large skillet over medium-high heat. Cook shrimp, turning once, until cooked through, about 2 minutes total.
- ☐ Transfer to a plate.
- ☐ Add garlic, crushed red pepper, wine and 1/2 tsp. salt to skillet and simmer 1 minute. Stir in shrimp.
- ☐ Drain pasta, reserving 1/2 cup cooking water. Toss pasta with shrimp mixture and parsley.
- ☐ Add reserved cooking water 1 Tbsp. at a time as needed to moisten.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:0.47, Inflammation Score:-8, Nutrition Score:27.78739120131%

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: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 1.16mg, Myricetin: 1.16mg, Myricetin: 1.16mg, Myricetin: 1.16mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 544.17kcal (27.21%), Fat: 15.38g (23.66%), Saturated Fat: 2.22g (13.85%), Carbohydrates: 66.18g (22.06%), Net Carbohydrates: 65.79g (23.92%), Sugar: 0.4g (0.44%), Cholesterol: 182.57mg (60.86%), Sodium: 346.12mg (15.05%), Alcohol: 3.09g (100%), Alcohol %: 1.55% (100%), Protein: 35.7g (71.41%), Manganese: 2.74mg (136.88%), Vitamin K: 131.56µg (125.3%), Selenium: 62.6µg (89.43%), Phosphorus: 477.19mg (47.72%), Copper: 0.85mg (42.68%), Magnesium: 169.19mg (42.3%), Vitamin B1: 0.43mg (28.64%), Zinc: 3.7mg (24.65%), Iron: 4.39mg (24.41%), Vitamin B3: 4.54mg (22.72%), Potassium: 562.16mg (16.06%), Folate: 60.34µg (15.08%), Vitamin A: 706.2IU (14.12%), Vitamin E: 2.1mg (13.99%), Vitamin C: 10.91mg (13.23%), Vitamin B6: 0.25mg (12.69%), Calcium: 126.15mg (12.62%), Vitamin B5: 0.9mg (9%), Vitamin B2: 0.14mg (8.18%), Fiber: 0.4g (1.59%)