



Shrimp, Tomato, and Basil Linguine with Warm Goat Cheese Rounds

READY IN



45 min.

SERVINGS



4

CALORIES



573 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 cups linguine hot cooked uncooked (12 ounces pasta)
- 0.8 teaspoon crushed red pepper red crushed
- 0.5 cup basil fresh thinly sliced
- 2 garlic cloves minced
- 4 ounce goat cheese log-shaped
- 1 tablespoon olive oil
- 1 cup onion coarsely chopped
- 1.5 pounds plum tomatoes peeled seeded chopped

- 0.5 teaspoon salt
- 0.5 pound shrimp deveined peeled
- 1.5 teaspoons sugar
- 0.3 cup water
- 1 ounce sandwich bread white

Equipment

- food processor
- bowl
- frying pan
- baking sheet
- oven

Directions

- Preheat oven to 400
- Place bread in a food processor; pulse 10 times or until coarse crumbs measure 1/2 cup.
- Sprinkle breadcrumbs on a baking sheet; bake at 400 for 2 1/2 minutes or until golden brown.
- Transfer to a shallow plate; cool completely. Slice goat cheese crosswise into 4 rounds. Press both sides of each round into breadcrumbs. Arrange in a single layer on a baking sheet; chill.
- Heat oil in a large nonstick skillet over medium-high heat.
- Add onion and garlic; saut 5 minutes. Stir in tomato, water, sugar, and pepper; cook 15 minutes, stirring occasionally.
- Add shrimp and salt; cook 4 minutes or until shrimp are done.
- Remove from heat. Cover; keep warm.
- Bake cheese rounds at 400 for 10 minutes or until soft but still holding their shape.
- Add pasta and 1/2 cup basil to tomato mixture; toss to combine. Divide pasta mixture evenly among 4 bowls; top each serving with 1 goat cheese round.
- Garnish with basil sprigs, if desired.

Nutrition Facts



■ PROTEIN 22.38% ■ FAT 19.62% ■ CARBS 58%

Properties

Glycemic Index:89.59, Glycemic Load:36.91, Inflammation Score:0, Nutrition Score:23.603043582128%

Flavonoids

Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 9.13mg, Quercetin: 9.13mg, Quercetin: 9.13mg, Quercetin: 9.13mg

Nutrients (% of daily need)

Calories: 573.14kcal (28.66%), Fat: 12.51g (19.24%), Saturated Fat: 5.19g (32.43%), Carbohydrates: 83.22g (27.74%), Net Carbohydrates: 76.21g (27.71%), Sugar: 9.57g (10.63%), Cholesterol: 104.33mg (34.78%), Sodium: 515.92mg (22.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.11g (64.21%), Selenium: 60.37µg (86.24%), Manganese: 1.1mg (55.08%), Copper: 0.79mg (39.7%), Vitamin A: 1980.2IU (39.6%), Phosphorus: 385.59mg (38.56%), Vitamin C: 27.27mg (33.06%), Fiber: 7.01g (28.04%), Vitamin K: 29.1µg (27.72%), Iron: 4.61mg (25.6%), Magnesium: 91.16mg (22.79%), Potassium: 744.88mg (21.28%), Vitamin B6: 0.4mg (19.96%), Zinc: 2.61mg (17.4%), Folate: 61.8µg (15.45%), Calcium: 142.3mg (14.23%), Vitamin B2: 0.22mg (12.89%), Vitamin B1: 0.19mg (12.37%), Vitamin B3: 2.47mg (12.34%), Vitamin E: 1.8mg (11.97%), Vitamin B5: 0.69mg (6.93%)