



## Shrimp with Dried Tomatoes and Linguine

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



282 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.8 oz tomatoes dried
- 0.3 cup cooking wine dry white
- 2 cups fat-skimmed chicken broth
- 1 clove garlic minced
- 3 green onions ends trimmed thinly sliced
- 2 tablespoons juice of lemon
- 9 ounces pasta fresh
- 2 teaspoons olive oil

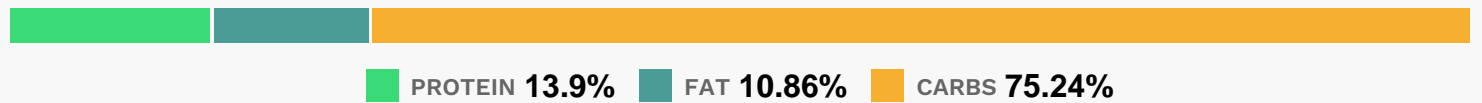
## Equipment

- bowl
- frying pan
- ladle

## Directions

- In a 5- to 6-quart pan over medium-high heat, stir olive oil and garlic until garlic is limp but not browned, 2 to 3 minutes.
- Add lemon juice, wine, broth, and tomatoes.
- Turn heat to high and stir often until sauce boils, about 2 minutes.
- Add pasta, return to a boil, then add shrimp. Stir often until pasta is tender to bite and shrimp are opaque but moist-looking in center of thickest part (cut to test), 5 to 8 minutes. Ladle into wide bowls and sprinkle with onions.

## Nutrition Facts



## Properties

Glycemic Index:39.25, Glycemic Load:19.49, Inflammation Score:-4, Nutrition Score:10.134782677111%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.17mg, Hesperetin: 1.17mg, Hesperetin: 1.17mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

## Nutrients (% of daily need)

Calories: 281.87kcal (14.09%), Fat: 3.21g (4.93%), Saturated Fat: 0.46g (2.88%), Carbohydrates: 49.94g (16.65%), Net Carbohydrates: 47.56g (17.3%), Sugar: 2.61g (2.9%), Cholesterol: 0mg (0%), Sodium: 470.99mg (20.48%), Alcohol: 2.06g (100%), Alcohol %: 1.18% (100%), Protein: 9.23g (18.46%), Selenium: 43µg (61.43%), Manganese: 0.65mg (32.74%), Vitamin K: 20.41µg (19.44%), Phosphorus: 142.99mg (14.3%), Copper: 0.22mg (11.04%),

Magnesium: 39.96mg (9.99%), Fiber: 2.38g (9.51%), Vitamin B3: 1.83mg (9.15%), Vitamin B6: 0.14mg (6.95%), Potassium: 238.68mg (6.82%), Iron: 1.22mg (6.78%), Vitamin C: 5.56mg (6.74%), Zinc: 1mg (6.68%), Folate: 20.9µg (5.22%), Vitamin B1: 0.08mg (5.1%), Vitamin B5: 0.45mg (4.46%), Vitamin B2: 0.08mg (4.43%), Vitamin B12: 0.23µg (3.78%), Vitamin E: 0.45mg (2.99%), Calcium: 28.57mg (2.86%), Vitamin A: 134.53IU (2.69%)