



Spaghetti with Shrimp Fra Diavolo

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



480 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 pound pasta like spaghetti cooked
- ☐ 0.3 cup basil fresh chopped
- ☐ 4 tablespoons olive oil
- ☐ 1 teaspoon pepper flakes red crushed
- ☐ 4 servings salt to taste
- ☐ 1 pound shrimp deveined peeled
- ☐ 2 cups tomato sauce
- ☐ 1 cup white wine

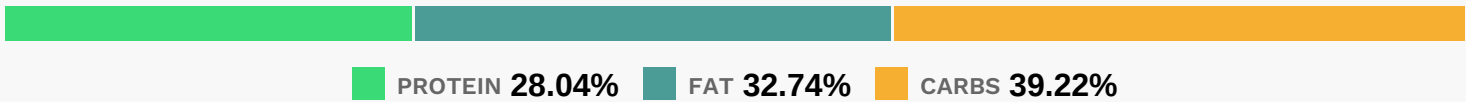
Equipment

☐ sauce pan

Directions

- ☐ Season the shrimp with salt.
- ☐ Heat the olive oil in a sauce pan over medium-high heat.
- ☐ Add the red pepper flakes and shrimp. Cook for one minute, stir and keep cooking, about 1minute more.
- ☐ Add the tomato sauce and wine. Cook for about 8 minutes.
- ☐ Add the fresh basil. Season to taste.Toss the pasta with the sauce and serve.

Nutrition Facts



Properties

Glycemic Index:44.63, Glycemic Load:18.33, Inflammation Score:-7, Nutrition Score:15.899565219879%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg 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: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 479.67kcal (23.98%), Fat: 16.08g (24.74%), Saturated Fat: 2.31g (14.43%), Carbohydrates: 43.35g (14.45%), Net Carbohydrates: 39.27g (14.28%), Sugar: 5.61g (6.24%), Cholesterol: 182.57mg (60.86%), Sodium: 922.06mg (40.09%), Alcohol: 6.18g (100%), Alcohol %: 1.84% (100%), Protein: 31g (61.99%), Selenium: 30.84µg (44.06%), Copper: 0.71mg (35.55%), Phosphorus: 354.66mg (35.47%), Manganese: 0.63mg (31.5%), Vitamin E: 4.05mg (27%), Potassium: 770.05mg (22%), Magnesium: 86.19mg (21.55%), Iron: 3.59mg (19.96%), Vitamin K: 18.85µg (17.95%), Zinc: 2.47mg (16.49%), Fiber: 4.08g (16.31%), Vitamin A: 757.8IU (15.16%), Vitamin B6: 0.22mg (10.92%), Calcium:

107.63mg (10.76%), Vitamin C: 8.85mg (10.73%), Vitamin B3: 1.8mg (9.02%), Vitamin B2: 0.12mg (6.89%), Vitamin B5: 0.54mg (5.4%), Folate: 20.72µg (5.18%), Vitamin B1: 0.06mg (3.79%)