



Spaghettini with Shrimp, Tomatoes and Chile Crumbs

 Dairy Free or type unknown

READY IN

ready or type unknown

45 min.

SERVINGS

servings or type unknown

45

CALORIES

calories or type unknown

52 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons basil shredded finely
- ☐ 2 ounces sourdough bread crumbs dried
- ☐ 0.5 pound heirloom cherry tomatoes halved
- ☐ 45 servings bell pepper red crushed
- ☐ 1 teaspoon lemon zest finely grated
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 45 servings pepper freshly ground

- ☐ 2 large plum tomatoes with an x cored (large;)
- ☐ 1 tablespoon red wine vinegar
- ☐ 45 servings salt
- ☐ 1 pound shrimp shelled deveined (medium)
- ☐ 12 ounces spaghettini

Equipment

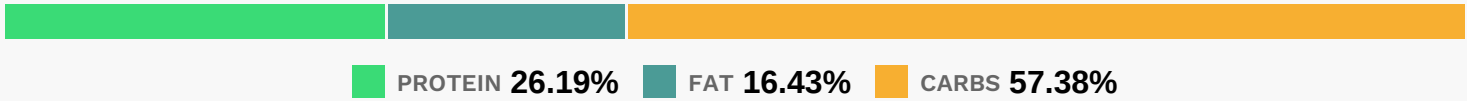
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ box grater

Directions

- ☐ Preheat the oven to 45
- ☐ Put the plum tomatoes in a small baking dish and drizzle with the vinegar and 2 tablespoons of the olive oil. Roast for about 20 minutes, just until the skins loosen and the tomatoes are barely softened.
- ☐ Let cool slightly, then peel the tomatoes. Using the large holes on a box grater, grate the tomatoes back into the baking dish and stir. Season with salt and pepper.
- ☐ Meanwhile, heat 2 tablespoons of the olive oil in a large skillet.
- ☐ Add the bread crumbs and cook over moderately low heat, stirring, until golden and crisp, about 5 minutes. Stir in the lemon zest and a pinch of crushed red pepper and season with salt.
- ☐ Transfer the crumbs to a bowl and wipe out the skillet.
- ☐ In a large pot of boiling salted water, cook the pasta until barely al dente.
- ☐ Drain the pasta, reserving 1/2 cup of the cooking water. Return the pasta to the pot and stir in 2 tablespoons of the olive oil.

- ☐
- In the large skillet, heat the remaining 3 tablespoons of oil until shimmering. Season theshrimp with salt and a pinch of crushed red pepper and cook over high heat, tossing once ortwice, until barely cooked, about 1 1/2 minutes.
- ☐
- Add the basil and pasta along with the reserved pasta cooking water and cook, tossing, until the shrimp are white throughout and the pasta is coated in a light sauce, about 1 minute.
- ☐
- Transfer the pasta to bowls and scatter the cherry tomatoes all around. Top with the tomato sauce and bread crumbs.
- ☐
- Serve right away.

Nutrition Facts



Properties

Glycemic Index:5.83, Glycemic Load:2.81, Inflammation Score:-5, Nutrition Score:3.3030434846878%

Flavonoids

Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 51.68kcal (2.58%), Fat: 0.98g (1.5%), Saturated Fat: 0.16g (0.98%), Carbohydrates: 7.68g (2.56%), Net Carbohydrates: 6.61g (2.4%), Sugar: 0.6g (0.67%), Cholesterol: 16.23mg (5.41%), Sodium: 247.38mg (10.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.5g (7.01%), Vitamin A: 645.86IU (12.92%), Selenium: 5.58µg (7.97%), Manganese: 0.14mg (6.81%), Vitamin E: 0.89mg (5.92%), Phosphorus: 45.49mg (4.55%), Copper: 0.09mg (4.52%), Fiber: 1.07g (4.26%), Iron: 0.61mg (3.37%), Vitamin K: 3.31µg (3.15%), Vitamin B6: 0.06mg (3.03%), Magnesium: 11.93mg (2.98%), Potassium: 103.3mg (2.95%), Zinc: 0.36mg (2.37%), Vitamin B3: 0.47mg (2.33%), Vitamin C: 1.62mg (1.96%), Vitamin B2: 0.03mg (1.8%), Calcium: 16.93mg (1.69%), Vitamin B1: 0.02mg (1.58%), Folate: 4.62µg (1.16%)