



Spicy Shrimp and Tomato Scampi

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



595 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce canned tomatoes diced with green chilies, drained canned
- ☐ 0.3 cup parsley fresh chopped
- ☐ 4 cloves garlic minced
- ☐ 4 servings ground pepper black to taste
- ☐ 0.5 juice of lemon juiced
- ☐ 5 teaspoons olive oil
- ☐ 1 medium onion diced
- ☐ 4 cups penne pasta

- ☐ 1 pinch pepper flakes red crushed to taste
- ☐ 4 servings salt to taste
- ☐ 1 pound shrimp deveined uncooked peeled

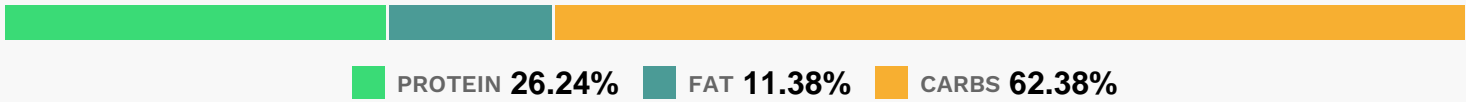
Equipment

- ☐ frying pan
- ☐ pot
- ☐ colander

Directions

- ☐ Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the penne, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 11 minutes.
- ☐ Drain well in a colander set in the sink.
- ☐ Heat the olive oil in a skillet over medium heat. Stir in the garlic and onion; cook and stir until the onion has softened and turned translucent, about 5 minutes. Stir in the tomatoes; simmer until heated through, about 5 minutes more.
- ☐ Add the lemon juice and shrimp. Cook and stir until the shrimp are bright pink on the outside and the meat is no longer transparent in the center, about 5 minutes. Stir in the parsley, then season with salt, pepper, and red pepper flakes.
- ☐ Serve shrimp and sauce over prepared penne pasta.
- ☐ Sprinkle with Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:40.75, Glycemic Load:34.66, Inflammation Score:-7, Nutrition Score:24.676087047743%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg,

Naringenin: 0.05mg Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 5.66mg, Quercetin: 5.66mg, Quercetin: 5.66mg, Quercetin: 5.66mg

Nutrients (% of daily need)

Calories: 595.21kcal (29.76%), Fat: 7.51g (11.56%), Saturated Fat: 1.16g (7.25%), Carbohydrates: 92.67g (30.89%), Net Carbohydrates: 87.24g (31.72%), Sugar: 7.03g (7.81%), Cholesterol: 182.57mg (60.86%), Sodium: 351.1mg (15.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.98g (77.96%), Selenium: 71.79µg (102.56%), Vitamin K: 68.26µg (65.01%), Manganese: 1.26mg (63.11%), Phosphorus: 492.12mg (49.21%), Copper: 0.87mg (43.72%), Magnesium: 117.6mg (29.4%), Vitamin C: 19.96mg (24.19%), Potassium: 842.16mg (24.06%), Zinc: 3.39mg (22.61%), Fiber: 5.43g (21.73%), Iron: 3.54mg (19.67%), Vitamin B6: 0.36mg (18.09%), Calcium: 149.2mg (14.92%), Vitamin B3: 2.83mg (14.15%), Vitamin B1: 0.18mg (11.68%), Vitamin E: 1.67mg (11.11%), Folate: 41.11µg (10.28%), Vitamin A: 457.58IU (9.15%), Vitamin B2: 0.15mg (8.54%), Vitamin B5: 0.69mg (6.92%)