



WHATSheATE



## Two-Tomato Pasta with Basil & Spicy Shrimp

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



592 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 1 bunch lightly basil leaves fresh whole packed chopped
- ☐ 14.5 ounces canned tomatoes diced canned
- ☐ 1 pint cherry tomatoes halved
- ☐ 2 tablespoon asian chili sauce (or similar hot sauce)
- ☐ 3 clove garlic thinly sliced
- ☐ 4 servings very olive oil good extra-virgin for drizzling
- ☐ 1.5 pound shrimp deveined peeled
- ☐ 0.5 pound pasta like spaghetti

- ☐ 1 teaspoon sugar
- ☐ 2 tablespoon vegetable oil

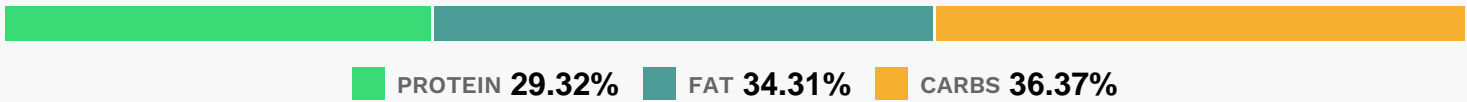
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

## Directions

- ☐ Season shrimp with salt and pepper.
- ☐ Heat the oil in a large skillet set over medium-high heat. The pan is hot enough when the oil has a slight shimmer.
- ☐ Add the shallots and half of the garlic, and cook quickly stirring often, until softened and just beginning to brown. About 2 minutes.
- ☐ Add the shrimp, chili sauce, and sugar to the pan and cook stirring constantly until the shrimp have just turned pink and opaque, about 3 minutes.
- ☐ Transfer to a bowl; set aside.To the same skillet, add remaining oil and remaining garlic; cook over medium heat until fragrant, about 30 seconds.
- ☐ Add canned tomatoes and their juice, along with 2 cups water; bring to a boil. Reduce heat; simmer, stirring occasionally, until tomatoes have softened and are saucy, about 15 minutes.
- ☐ Remove sauce from heat; stir in cherry tomatoes, and the chopped basil.Meanwhile, in a large pot of boiling salted water, cook pasta until al dente, according to package instructions.
- ☐ Drain; return pasta to pot.
- ☐ Add tomato and basil sauce, shrimp; season with salt and pepper, and toss.
- ☐ Transfer to a serving bowl or platter, garnish with whole basil leaves and a good drizzle of olive oil.
- ☐ Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:53.02, Glycemic Load:17.94, Inflammation Score:-7, Nutrition Score:22.662608623505%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg

## Nutrients (% of daily need)

Calories: 592.13kcal (29.61%), Fat: 22.84g (35.13%), Saturated Fat: 3.34g (20.88%), Carbohydrates: 54.47g (18.16%), Net Carbohydrates: 50.54g (18.38%), Sugar: 8.93g (9.92%), Cholesterol: 273.86mg (91.29%), Sodium: 467.04mg (20.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.9g (87.8%), Phosphorus: 532.28mg (53.23%), Selenium: 36.94µg (52.77%), Copper: 1.01mg (50.64%), Vitamin C: 38.79mg (47.02%), Manganese: 0.84mg (42%), Vitamin K: 36.01µg (34.3%), Potassium: 1069.41mg (30.55%), Magnesium: 114.28mg (28.57%), Vitamin E: 4.16mg (27.72%), Zinc: 3.44mg (22.95%), Iron: 3.66mg (20.36%), Calcium: 174.9mg (17.49%), Vitamin A: 855.4IU (17.11%), Vitamin B6: 0.33mg (16.55%), Fiber: 3.93g (15.72%), Vitamin B3: 2.48mg (12.39%), Vitamin B1: 0.15mg (10.12%), Folate: 35.91µg (8.98%), Vitamin B2: 0.13mg (7.41%), Vitamin B5: 0.54mg (5.36%)