

Shrimp Fra Diavolo

Yield: 5 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/spicy-italian-shrimp-fra-diavolo-recipe>

Ingredients:

- 1 1/2 pounds large shrimp peeled and deveined, shells reserved
- kosher salt
- 28 ounces tomatoes whole, San Marzano are best
- 3 tablespoons olive oil
- 1 cup dry white wine
- 6 garlic cloves mince
- 1 teaspoon red pepper flakes
- 1/2 teaspoon dried oregano
- 2 anchovy fillets minced
- 1/4 cup fresh basil chopped
- 1/4 cup fresh parsley chopped
- 1 teaspoon juice from the jar
- 2 tablespoons extra-virgin olive oil
- 1 pound linguine or dried bucatni, cooked al dente, about 7 - 8 minutes in salted boiling water

Nutrition:

1. Calories: 530 calories
2. Carbohydrate: 78 grams
3. Fat: 16 grams
4. Fiber: 5 grams
5. Protein: 14 grams
6. SaturatedFat: 2 grams
7. Sodium: 180 milligrams
8. Sugar: 8 grams

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