



Angel Hair Pasta with Shrimp and Spinach

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



442 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 8 ounces angel hair pasta uncooked
- 0.3 teaspoon pepper black
- 2 tablespoons capers
- 0.5 cup less-sodium chicken broth fat-free
- 2 tablespoons juice of lemon
- 2 tablespoons olive oil
- 0.3 teaspoon salt
- 0.3 cup shallots finely chopped

- 1.5 pounds shrimp deveined peeled
- 6 cups pkt spinach coarsely chopped

Equipment

- frying pan

Directions

- Cook pasta according to package directions, omitting salt and fat.
- Drain.
- While pasta cooks, sprinkle shrimp with salt and pepper.
- Heat oil in a large nonstick skillet over medium-high heat.
- Add shallots; saut 30 seconds.
- Add shrimp; saut 3 minutes.
- Remove shrimp mixture from pan.
- Add chicken broth and lemon juice to pan, scraping pan to loosen browned bits.
- Add cooked pasta, shrimp, spinach, and capers, and heat 1 minute or until spinach wilts, stirring frequently.

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:17.84, Inflammation Score:-10, Nutrition Score:26.745652102906%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 8.12mg, Kaempferol: 8.12mg, Kaempferol: 8.12mg, Kaempferol: 8.12mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 8.72mg, Quercetin: 8.72mg, Quercetin: 8.72mg, Quercetin: 8.72mg

Nutrients (% of daily need)

Calories: 441.83kcal (22.09%), Fat: 9.02g (13.87%), Saturated Fat: 1.34g (8.37%), Carbohydrates: 47.29g (15.76%), Net Carbohydrates: 43.83g (15.94%), Sugar: 3.12g (3.46%), Cholesterol: 273.86mg (91.29%), Sodium: 615.54mg (26.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.53g (87.05%), Vitamin K: 222.93µg (212.31%), Vitamin A: 4226.9IU (84.54%), Selenium: 37.15µg (53.07%), Manganese: 1.05mg (52.32%), Phosphorus: 506.41mg (50.64%), Copper: 0.92mg (46.19%), Magnesium: 130.51mg (32.63%), Folate: 105.26µg (26.31%), Potassium: 895.58mg (25.59%), Zinc: 3.4mg (22.67%), Vitamin C: 16.9mg (20.49%), Iron: 3.18mg (17.69%), Calcium: 174.69mg (17.47%), Fiber: 3.46g (13.84%), Vitamin E: 2.04mg (13.58%), Vitamin B6: 0.23mg (11.4%), Vitamin B2: 0.13mg (7.94%), Vitamin B3: 1.51mg (7.56%), Vitamin B1: 0.1mg (6.64%), Vitamin B5: 0.36mg (3.63%)