



Asparagus and Shrimp with Penne Pasta

READY IN



27 min.

SERVINGS



27

CALORIES



64 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 lb asparagus spears cut into 1-inch pieces
- 4 oz athenos feta cheese traditional
- 0.5 cup seasons garlic & herb dressing mix good divided prepared
- 1 large bell pepper red cut into thin strips
- 1 lb shrimp cleaned
- 2 cups ziti pasta uncooked

Equipment

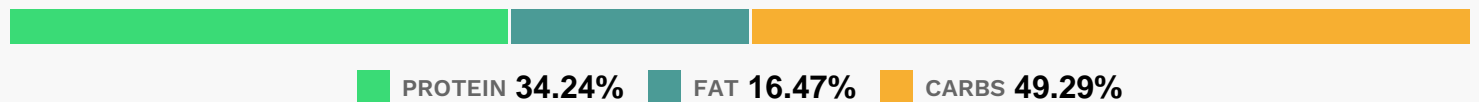
- bowl

frying pan

Directions

- Cook asparagus in 1 Tbsp. of the prepared dressing in large nonstick skillet on medium heat 3 minutes, stirring frequently.
- Add shrimp and red pepper; cover. Cook 5 minutes or until shrimp turn pink and vegetables are crisp-tender, stirring occasionally.
- Meanwhile, cook pasta as directed on package.
- Drain pasta; place in large serving bowl.
- Add remaining dressing, asparagus mixture and cheese; toss lightly.
- Serve immediately or cover and refrigerate until chilled.

Nutrition Facts



Properties

Glycemic Index:5.11, Glycemic Load:2.73, Inflammation Score:-4, Nutrition Score:4.8152173491924%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.96mg, Isorhamnetin: 0.96mg, Isorhamnetin: 0.96mg, Isorhamnetin: 0.96mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Quercetin: 2.36mg, Quercetin: 2.36mg, Quercetin: 2.36mg, Quercetin: 2.36mg

Nutrients (% of daily need)

Calories: 63.62kcal (3.18%), Fat: 1.19g (1.83%), Saturated Fat: 0.62g (3.89%), Carbohydrates: 8.02g (2.67%), Net Carbohydrates: 6.89g (2.51%), Sugar: 0.83g (0.92%), Cholesterol: 30.79mg (10.26%), Sodium: 69.17mg (3.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.57g (11.14%), Vitamin K: 12.9µg (12.28%), Vitamin C: 8.74mg (10.59%), Selenium: 6.33µg (9.04%), Manganese: 0.16mg (8.04%), Phosphorus: 77.49mg (7.75%), Vitamin A: 350.03IU (7%), Copper: 0.13mg (6.48%), Iron: 0.94mg (5.2%), Calcium: 51.86mg (5.19%), Fiber: 1.12g (4.5%), Vitamin B2: 0.07mg (4.35%), Magnesium: 16.58mg (4.14%), Folate: 16.48µg (4.12%), Zinc: 0.59mg (3.96%), Vitamin B6: 0.07mg (3.59%), Potassium: 123.49mg (3.53%), Vitamin E: 0.46mg (3.1%), Vitamin B1: 0.04mg (2.86%), Vitamin B3: 0.45mg (2.24%), Vitamin B5: 0.15mg (1.5%), Vitamin B12: 0.07µg (1.18%)