



BBQ Shrimp-Pasta Salad

READY IN



50 min.

SERVINGS



4

CALORIES



505 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 cup lite balsamic vinaigrette dressing kraft
- 0.3 cup original barbecue sauce kraft
- 1 cup milk italian* three cheese blend shredded 2% kraft
- 8 large leaves lettuce red
- 0.3 cup mayo with olive oil reduced fat mayonnaise kraft
- 2 Tbsp parmesan cheese grated kraft
- 2 cups penne pasta uncooked
- 1 and pepper green red yellow chopped
- 0.8 lb shrimp deveined uncooked peeled

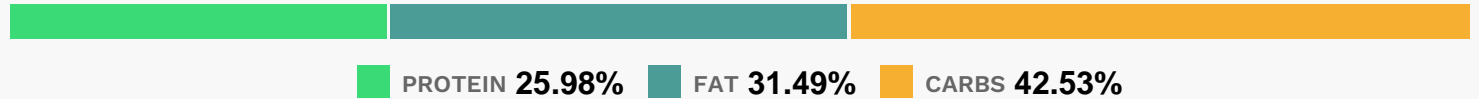
Equipment

- bowl
- sauce pan
- grill
- skewers

Directions

- Cook pasta in large saucepan as directed on package, omitting salt and adding peppers to the boiling water for the last 2 min.; drain. Rinse with cold water; drain well.
- Place in large bowl.
- Add mayo; mix lightly. Stir in shredded cheese and dressing. Refrigerate 20 min.
- Heat greased grill to medium-high heat. Thread shrimp onto 8 skewers; brush with barbecue sauce. Grill 2 min. on each side or until shrimp are done.
- Cover 4 plates with lettuce; top with pasta salad and shrimp skewers.
- Sprinkle with Parmesan.

Nutrition Facts



Properties

Glycemic Index:18.5, Glycemic Load:16.92, Inflammation Score:-9, Nutrition Score:16.037826061897%

Flavonoids

Cyanidin: 1.07mg, Cyanidin: 1.07mg, Cyanidin: 1.07mg, Cyanidin: 1.07mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 2.59mg, Quercetin: 2.59mg, Quercetin: 2.59mg, Quercetin: 2.59mg

Nutrients (% of daily need)

Calories: 504.58kcal (25.23%), Fat: 17.7g (27.22%), Saturated Fat: 2.74g (17.15%), Carbohydrates: 53.79g (17.93%), Net Carbohydrates: 51.46g (18.71%), Sugar: 8.59g (9.55%), Cholesterol: 146.94mg (48.98%), Sodium: 642.73mg (27.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.85g (65.69%), Selenium: 37.54µg (53.63%), Vitamin K: 55.95µg (53.28%), Vitamin A: 2620.11IU (52.4%), Manganese: 0.67mg (33.52%), Phosphorus: 319.76mg

(31.98%), Copper: 0.52mg (26.22%), Magnesium: 67.57mg (16.89%), Calcium: 164.88mg (16.49%), Zinc: 2.15mg (14.35%), Potassium: 467.28mg (13.35%), Iron: 1.75mg (9.73%), Fiber: 2.33g (9.32%), Vitamin B6: 0.13mg (6.52%), Vitamin B3: 1.18mg (5.89%), Folate: 23.48µg (5.87%), Vitamin B1: 0.08mg (5.24%), Vitamin B2: 0.08mg (4.65%), Vitamin E: 0.58mg (3.85%), Vitamin B5: 0.34mg (3.4%), Vitamin C: 1.37mg (1.65%)