



Bucatini Pasta with Shrimp and Anchovies

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



593 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 pound bucatini pasta
- ☐ 2 ounce anchovy fillets canned
- ☐ 2 teaspoons basil dried
- ☐ 3 cloves garlic minced
- ☐ 1 pint grape tomatoes
- ☐ 2 teaspoons oregano dried
- ☐ 1 teaspoon pepper flakes red to taste
- ☐ 1 pound shrimp deveined peeled

☐ 2 zucchini halved lengthwise cut in 1/4 inch slices

Equipment

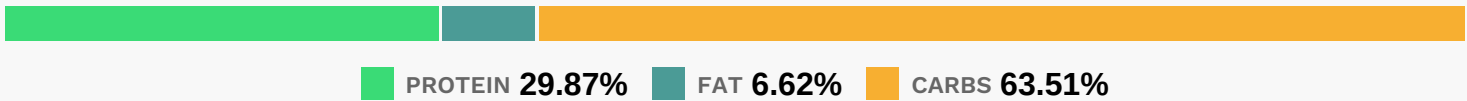
☐ frying pan

☐ pot

Directions

- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Add pasta and cook for 8 to 10 minutes or until al dente; drain.
- ☐ Meanwhile, stir together the anchovies and their oil with the red pepper flakes and garlic in a large skillet over medium heat, breaking up the anchovies as you stir. Once the garlic begins to sizzle, add the sliced zucchini, and cook until it begins to soften, about 3 minutes. Stir in the grape tomatoes, and continue cooking until the zucchini is tender, and the skins of the tomatoes begin to pop, 5 minutes more.
- ☐ Sprinkle the vegetable mixture with oregano and basil, then stir in shrimp. Cook until the shrimp turn pink and are no longer translucent.
- ☐ Pour over bucatini to serve.

Nutrition Facts



Properties

Glycemic Index:32.5, Glycemic Load:35.78, Inflammation Score:-9, Nutrition Score:29.383478346078%

Flavonoids

Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

Nutrients (% of daily need)

Calories: 593.39kcal (29.67%), Fat: 4.36g (6.71%), Saturated Fat: 0.9g (5.6%), Carbohydrates: 94.25g (31.41%), Net Carbohydrates: 87.38g (31.78%), Sugar: 8.7g (9.66%), Cholesterol: 194.62mg (64.87%), Sodium: 684.93mg (29.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.32g (88.64%), Selenium: 82µg (117.14%), Manganese: 1.54mg (77.24%), Phosphorus: 566.14mg (56.61%), Copper: 0.97mg (48.47%), Vitamin C: 34.48mg

(41.79%), Magnesium: 147.79mg (36.95%), Potassium: 1210.02mg (34.57%), Vitamin B3: 6.04mg (30.19%), Vitamin K: 30.74µg (29.28%), Fiber: 6.86g (27.45%), Zinc: 4.09mg (27.26%), Vitamin A: 1356.24IU (27.12%), Vitamin B6: 0.5mg (24.98%), Iron: 4.34mg (24.13%), Calcium: 189.68mg (18.97%), Folate: 67.65µg (16.91%), Vitamin B2: 0.25mg (14.86%), Vitamin B1: 0.21mg (13.93%), Vitamin E: 1.78mg (11.88%), Vitamin B5: 0.95mg (9.54%), Vitamin B12: 0.12µg (2.08%), Vitamin D: 0.24µg (1.61%)