



## Caesar Shrimp & Asparagus Pasta

READY IN



30 min.

SERVINGS



4

CALORIES



435 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.5 lb asparagus spears fresh cut into 2-inch lengths thin
- 0.3 cup lite creamy caesar dressing kraft
- 4 cups farfalle pasta uncooked (bow-tie pasta)
- 1 lemon zest
- 0.3 cup parmesan cheese shredded kraft
- 1 lb shrimp deveined uncooked peeled

### Equipment

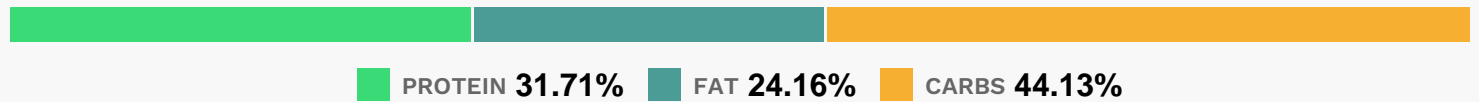
- bowl

frying pan

## Directions

- Cook pasta as directed on package, omitting salt.
- Meanwhile, heat dressing in large nonstick skillet on medium heat.
- Add shrimp and asparagus; cook and stir 3 to 4 min. or until shrimp turn pink. Stir in lemon zest and juice.
- Drain pasta, reserving 1/4 cup cooking water.
- Place pasta in large bowl.
- Add shrimp mixture; mix lightly. Gradually stir in reserved pasta water if desired until pasta mixture is of desired consistency. Top with cheese.

## Nutrition Facts



## Properties

Glycemic Index:25.25, Glycemic Load:18.39, Inflammation Score:-6, Nutrition Score:16.839565212312%

## Flavonoids

Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Quercetin: 7.93mg, Quercetin: 7.93mg, Quercetin: 7.93mg, Quercetin: 7.93mg

## Nutrients (% of daily need)

Calories: 435.14kcal (21.76%), Fat: 11.66g (17.94%), Saturated Fat: 2.62g (16.38%), Carbohydrates: 47.93g (15.98%), Net Carbohydrates: 44.58g (16.21%), Sugar: 3.19g (3.55%), Cholesterol: 192.55mg (64.18%), Sodium: 417.61mg (18.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.44g (68.88%), Selenium: 40.88µg (58.39%), Phosphorus: 431.9mg (43.19%), Vitamin K: 39.17µg (37.31%), Copper: 0.73mg (36.44%), Manganese: 0.68mg (34.2%), Magnesium: 82.7mg (20.67%), Zinc: 2.86mg (19.09%), Calcium: 181.84mg (18.18%), Potassium: 560.11mg (16%), Iron: 2.8mg (15.58%), Fiber: 3.34g (13.37%), Folate: 41.21µg (10.3%), Vitamin A: 483.2IU (9.66%), Vitamin E: 1.42mg (9.47%), Vitamin B1: 0.14mg (9.33%), Vitamin B2: 0.14mg (8.2%), Vitamin B3: 1.6mg (8.02%), Vitamin B6: 0.15mg (7.44%), Vitamin C: 5.15mg (6.25%), Vitamin B5: 0.46mg (4.59%), Vitamin B12: 0.08µg (1.32%)