



## Cajun Shrimp and Pasta

READY IN



16 min.

SERVINGS



4

CALORIES



174 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1.8 teaspoons cajun spice
- 2 tablespoons butter light
- 4 ounces vermicelli uncooked
- 0.3 teaspoon salt
- 0.3 pound shrimp deveined peeled
- 0.8 cup vidalia sweet finely chopped
- 0.3 cup water

### Equipment

frying pan

## Directions

- Cook pasta according to package directions, omitting salt and fat; drain.
- Heat butter in a large nonstick skillet over medium-high heat, stirring until butter melts.
- Add onion, and cook, stirring constantly, 3 minutes.
- Add shrimp, Cajun seasoning, and salt; cook 3 minutes or until shrimp are done, stirring constantly.
- Remove from heat.
- Serve shrimp mixture over pasta.
- Add water to pan drippings, and cook over high heat 30 seconds; pour evenly over each serving.

## Nutrition Facts

    
 **PROTEIN 16.8%**  **FAT 22.34%**  **CARBS 60.86%**

## Properties

Glycemic Index:18.25, Glycemic Load:13.45, Inflammation Score:-5, Nutrition Score:3.7882608641749%

## Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 4.36mg, Quercetin: 4.36mg, Quercetin: 4.36mg

## Nutrients (% of daily need)

Calories: 174.29kcal (8.71%), Fat: 4.3g (6.61%), Saturated Fat: 2.49g (15.58%), Carbohydrates: 26.34g (8.78%), Net Carbohydrates: 25.31g (9.2%), Sugar: 1.6g (1.77%), Cholesterol: 53.06mg (17.69%), Sodium: 236.93mg (10.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.27g (14.54%), Phosphorus: 117.27mg (11.73%), Vitamin A: 550.13IU (11%), Manganese: 0.19mg (9.38%), Copper: 0.16mg (7.92%), Selenium: 4.56µg (6.51%), Zinc: 0.69mg (4.58%), Magnesium: 18.08mg (4.52%), Fiber: 1.03g (4.12%), Potassium: 144mg (4.11%), Iron: 0.69mg (3.81%), Calcium: 35.14mg (3.51%), Vitamin B6: 0.06mg (3.13%), Vitamin E: 0.37mg (2.47%), Folate: 8.25µg (2.06%), Vitamin C: 1.45mg (1.76%), Vitamin B1: 0.02mg (1.65%), Vitamin B2: 0.03mg (1.56%), Vitamin K: 1.13µg (1.07%)