



Farfalle and Shrimp



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



301 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 14.5 oz canned tomatoes diced canned
- ☐ 2 tablespoons capers drained
- ☐ 1 teaspoon thyme leaves dried
- ☐ 8 ounces farfalle pasta dried (also called bow-tie or butterfly)
- ☐ 0.3 cup fat-skimmed chicken broth
- ☐ 1 tablespoon olive oil
- ☐ 8 oz onion chopped
- ☐ 3 tablespoons parsley chopped

- ☐ 4 servings salt and pepper
- ☐ 0.3 cup vermouth dry white dry

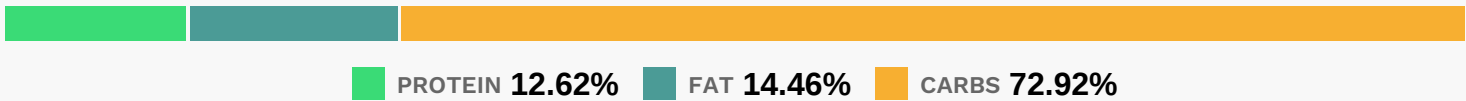
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a 5- to 6-quart pan over high heat, bring 3 quarts water to a boil.
- ☐ Add pasta and stir occasionally until barely tender to bite, 9 to 12 minutes.
- ☐ Meanwhile, in a 10- to 12-inch frying pan over high heat, stir onion in oil until limp, 3 to 5 minutes.
- ☐ Add tomatoes and juice, vermouth, broth, capers, and thyme. Bring to a boil and cook for 3 minutes.
- ☐ Add shrimp, reduce heat, and simmer, stirring occasionally, until barely opaque but still moist-looking in thickest part (cut to test), 3 to 4 minutes.
- ☐ Drain pasta and return to 5- to 6-quart pan. Stir in shrimp mixture, parsley, and salt and pepper to taste. (If pasta has cooled, stir over medium heat until hot.)
- ☐ Pour into a wide serving bowl or distribute evenly among plates.

Nutrition Facts



Properties

Glycemic Index:29, Glycemic Load:18.3, Inflammation Score:-8, Nutrition Score:14.725217357926%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 6.48mg, Apigenin: 6.48mg, Apigenin: 6.48mg, Apigenin: 6.48mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg Kaempferol: 5.68mg, Kaempferol: 5.68mg, Kaempferol: 5.68mg, Kaempferol: 5.68mg

5.68mg, Kaempferol: 5.68mg, Kaempferol: 5.68mg Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg Quercetin: 18.94mg, Quercetin: 18.94mg, Quercetin: 18.94mg, Quercetin: 18.94mg

Nutrients (% of daily need)

Calories: 301.29kcal (15.06%), Fat: 4.66g (7.16%), Saturated Fat: 0.7g (4.39%), Carbohydrates: 52.84g (17.61%), Net Carbohydrates: 48.71g (17.71%), Sugar: 6.63g (7.37%), Cholesterol: 0mg (0%), Sodium: 537.43mg (23.37%), Alcohol: 2.06g (100%), Alcohol %: 0.98% (100%), Protein: 9.14g (18.28%), Vitamin K: 59.92µg (57.07%), Selenium: 36.72µg (52.46%), Manganese: 0.73mg (36.29%), Vitamin C: 18.04mg (21.87%), Fiber: 4.13g (16.5%), Phosphorus: 151.45mg (15.15%), Copper: 0.28mg (14.15%), Vitamin B6: 0.28mg (14.01%), Iron: 2.52mg (13.98%), Magnesium: 52.59mg (13.15%), Potassium: 442.63mg (12.65%), Vitamin B3: 1.97mg (9.83%), Vitamin E: 1.35mg (9.02%), Folate: 35.75µg (8.94%), Vitamin B1: 0.13mg (8.68%), Vitamin A: 389.11IU (7.78%), Zinc: 1.13mg (7.52%), Vitamin B2: 0.12mg (7.2%), Calcium: 69.98mg (7%), Vitamin B5: 0.48mg (4.8%)