



Farfalle with Shrimps, Tomatoes Basil Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



570 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 tablespoons butter
- 1 pound farfalle pasta
- 24 medium basil fresh
- 24 medium basil fresh
- 4 servings pepper fresh black
- 1 pound shrimp fresh deveined cleaned
- 0.3 cup tomatoes

Equipment

frying pan

pot

Directions

Bring a large pot of salted water to a boil and cook the pasta to al dente. Meanwhile in a large frying pan, melt the butter and add the tomatoes. Saut over medium high heat for about 1 minute.

Add the cleaned shrimps and cook until light pink.

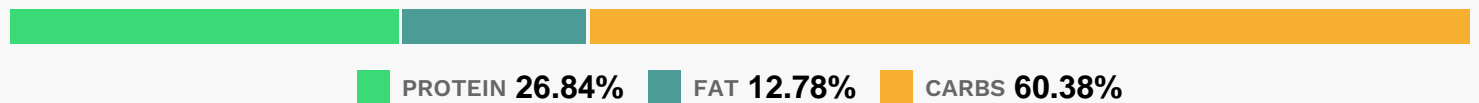
Add salt and pepper to taste.

Add the basil and stir lightly. When the pasta is ready add it to the large skillet with the tomatoes and shrimps.

Add the butter and mix well.

Serve immediately nice and hot.

Nutrition Facts



Properties

Glycemic Index:75.5, Glycemic Load:34.18, Inflammation Score:-5, Nutrition Score:18.46652173913%

Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Taste

Sweetness: 58.67%, Saltiness: 20.67%, Sourness: 56.13%, Bitterness: 51.16%, Savoriness: 100%, Fattiness: 57.8%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 570.32kcal (28.52%), Fat: 8.02g (12.34%), Saturated Fat: 4.03g (25.2%), Carbohydrates: 85.23g (28.41%), Net Carbohydrates: 81.39g (29.6%), Sugar: 3.29g (3.66%), Cholesterol: 197.62mg (65.87%), Sodium: 187.44mg (8.15%), Protein: 37.88g (75.77%), Selenium: 71.76µg (102.51%), Manganese: 1.16mg (57.79%), Phosphorus: 463.76mg (46.38%), Copper: 0.8mg (39.82%), Magnesium: 104.2mg (26.05%), Zinc: 3.18mg (21.2%), Vitamin K: 21.42µg (20.4%), Potassium: 591.49mg (16.9%), Fiber: 3.84g (15.37%), Iron: 2.25mg (12.51%), Calcium: 107.94mg (10.79%),

Vitamin B3: 2.03mg (10.15%), Vitamin A: 506.25IU (10.13%), Vitamin B6: 0.18mg (8.82%), Vitamin B1: 0.11mg (7.17%),
Folate: 25.3µg (6.32%), Vitamin B5: 0.52mg (5.16%), Vitamin B2: 0.08mg (4.47%), Vitamin C: 2.14mg (2.59%),
Vitamin E: 0.38mg (2.51%)