

Feta Shrimp Pasta

READY IN



25 min.

SERVINGS



8

CALORIES



298 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 16 ounce angel hair pasta uncooked
- ☐ 2 tablespoons butter
- ☐ 4 ounces feta cheese crumbled
- ☐ 2 tablespoons onion diced
- ☐ 0.5 pound shrimp deveined peeled

Equipment

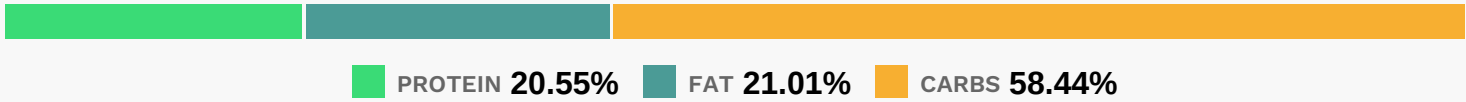
- ☐ bowl
- ☐ frying pan

☐ pot

Directions

- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Place pasta in the pot, cook 4 minutes, until al dente, and drain.
- ☐ Transfer to a large bowl.
- ☐ Melt the butter in a skillet over medium heat.
- ☐ Place onion in the skillet and cook until tender. Stir in shrimp, and cook 3 minutes, or until opaque.
- ☐ Mix in feta cheese, and continue cooking 1 minute. Toss with the pasta and serve.

Nutrition Facts



Properties

Glycemic Index:18.25, Glycemic Load:17.22, Inflammation Score:-3, Nutrition Score:9.1839129730411%

Flavonoids

Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 298.11kcal (14.91%), Fat: 6.89g (10.6%), Saturated Fat: 3.87g (24.19%), Carbohydrates: 43.12g (14.37%), Net Carbohydrates: 41.27g (15.01%), Sugar: 1.62g (1.8%), Cholesterol: 65.78mg (21.93%), Sodium: 221.34mg (9.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.16g (30.32%), Selenium: 38.01µg (54.3%), Manganese: 0.54mg (26.82%), Phosphorus: 217.16mg (21.72%), Copper: 0.28mg (14.01%), Magnesium: 42.99mg (10.75%), Zinc: 1.6mg (10.63%), Calcium: 101.35mg (10.13%), Vitamin B2: 0.16mg (9.15%), Fiber: 1.86g (7.43%), Vitamin B6: 0.14mg (7.19%), Potassium: 214.56mg (6.13%), Vitamin B3: 1.11mg (5.54%), Iron: 0.98mg (5.46%), Vitamin B1: 0.07mg (4.95%), Vitamin B12: 0.25µg (4.09%), Vitamin B5: 0.39mg (3.88%), Folate: 15.32µg (3.83%), Vitamin A: 147.33IU (2.95%), Vitamin E: 0.17mg (1.13%)