



WHATSheATE



Pasta Salad with Shrimp, Peppers, and Olives

READY IN



45 min.

SERVINGS



5

CALORIES



275 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2.5 cups angel hair pasta cooked uncooked (5 ounces pasta)
- ☐ 2 ounces feta cheese crumbled
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 garlic clove minced
- ☐ 0.3 cup spring onion chopped
- ☐ 1 tablespoon kalamata olives pitted chopped
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 tablespoon olive oil
- ☐ 0.3 teaspoon oregano dried

- ☐ 0.8 cup plum tomatoes chopped
- ☐ 0.5 cup bell pepper red chopped
- ☐ 0.8 pound shrimp deveined cooked peeled
- ☐ 0.5 teaspoon pepper white
- ☐ 0.5 cup bell pepper yellow chopped
- ☐ 1.5 teaspoons thyme dried fresh chopped

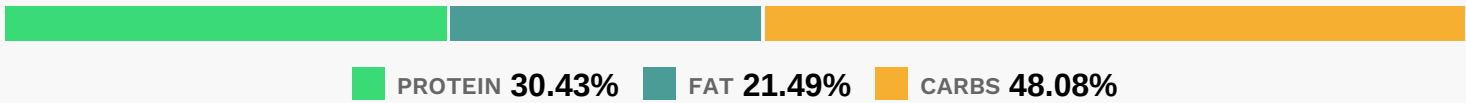
Equipment

- ☐ bowl

Directions

- ☐ Combine the first 13 ingredients in a large bowl.
- ☐ Sprinkle with cheese and parsley.

Nutrition Facts



Properties

Glycemic Index:47.6, Glycemic Load:12.09, Inflammation Score:-8, Nutrition Score:15.81869572401%

Flavonoids

Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Apigenin: 1.73mg, Apigenin: 1.73mg, Apigenin: 1.73mg, Apigenin: 1.73mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg

Nutrients (% of daily need)

Calories: 274.69kcal (13.73%), Fat: 6.61g (10.17%), Saturated Fat: 2.14g (13.38%), Carbohydrates: 33.27g (11.09%), Net Carbohydrates: 30.71g (11.17%), Sugar: 2.9g (3.22%), Cholesterol: 119.64mg (39.88%), Sodium: 242.05mg (10.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.06g (42.13%), Vitamin C: 56.3mg (68.24%), Selenium: 25.63µg (36.62%), Vitamin K: 38.18µg (36.36%), Phosphorus: 276.16mg (27.62%), Manganese: 0.5mg (25.2%), Copper: 0.43mg (21.69%), Vitamin A: 993.45IU (19.87%), Magnesium: 56.85mg (14.21%), Zinc: 1.96mg (13.06%),

Calcium: 129.56mg (12.96%), Potassium: 453.38mg (12.95%), Vitamin B6: 0.22mg (10.82%), Fiber: 2.56g (10.25%),
Iron: 1.77mg (9.81%), Vitamin B2: 0.15mg (8.89%), Folate: 34.26µg (8.56%), Vitamin E: 1.05mg (6.97%), Vitamin B3:
1.32mg (6.59%), Vitamin B1: 0.09mg (5.71%), Vitamin B5: 0.4mg (3.96%), Vitamin B12: 0.19µg (3.19%)