



Fire Roasted Tomato and Feta Pasta with Shrimp

READY IN



27 min.

SERVINGS



2

CALORIES



687 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup feta cheese crumbled
- ☐ 14.5 ounce canned tomatoes fire roasted canned
- ☐ 1 tablespoon basil fresh chopped
- ☐ 3 cloves garlic minced
- ☐ 1 tablespoon olive oil
- ☐ 0.5 pound linguine pasta
- ☐ 2 servings salt and pepper to taste
- ☐ 12 medium shrimp deveined peeled

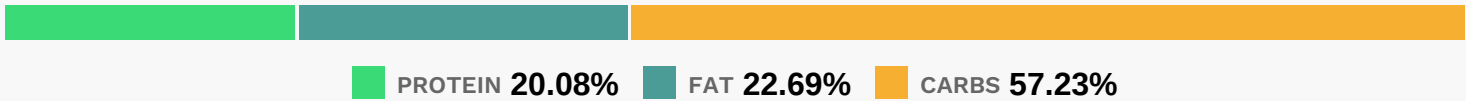
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Add pasta and cook for 8 to 10 minutes or until al dente; drain.
- ☐ While the pasta is cooking, heat the olive oil in a large skillet over medium heat.
- ☐ Add the garlic; cook and stir until fragrant, about 1 minute.
- ☐ Add the shrimp, and cook until opaque, about 3 to 5 minutes.
- ☐ Pour in the tomatoes and heat through. Season with basil, salt and pepper.
- ☐ Toss the cooked pasta in the sauce, and sprinkle with crumbled feta to serve.

Nutrition Facts



Properties

Glycemic Index:84.5, Glycemic Load:34.86, Inflammation Score:-7, Nutrition Score:21.874782748844%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 687.17kcal (34.36%), Fat: 17.11g (26.32%), Saturated Fat: 6.33g (39.58%), Carbohydrates: 97.12g (32.37%), Net Carbohydrates: 91.8g (33.38%), Sugar: 7.82g (8.69%), Cholesterol: 129.98mg (43.33%), Sodium: 1016.96mg (44.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.07g (68.14%), Selenium: 77.94µg (111.34%), Manganese: 1.16mg (57.87%), Phosphorus: 476.54mg (47.65%), Calcium: 318.85mg (31.89%), Copper: 0.59mg (29.59%), Zinc: 3.54mg (23.62%), Vitamin B2: 0.39mg (22.96%), Magnesium: 90mg (22.5%), Fiber: 5.32g (21.29%), Vitamin A: 1033.54IU (20.67%), Vitamin B6: 0.38mg (18.87%), Iron: 3.29mg (18.27%), Potassium: 455.63mg (13.02%), Vitamin B3: 2.34mg (11.7%), Vitamin B1: 0.17mg (11.28%), Vitamin B12: 0.63µg (10.56%), Vitamin B5: 0.88mg (8.8%),

Vitamin K: 9.23µg (8.79%), Folate: 33.23µg (8.31%), Vitamin E: 1.21mg (8.08%), Vitamin C: 5.28mg (6.4%)