



Fresh Tomato Shrimp Pasta

READY IN



30 min.

SERVINGS



4

CALORIES



651 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 tablespoons basil fresh chopped
- ☐ 3 cloves garlic
- ☐ 8 ounces mozzarella cheese fresh diced
- ☐ 4 tablespoons olive oil
- ☐ 3 tablespoons oregano leaves fresh
- ☐ 8 ounces fettuccine pasta dry
- ☐ 4 servings salt and pepper to taste
- ☐ 1 pound shrimp deveined cooked peeled
- ☐ 1 cup spinach leaves

- ☐ 0.5 onion sweet cut into wedges
- ☐ 4 medium tomatoes chopped

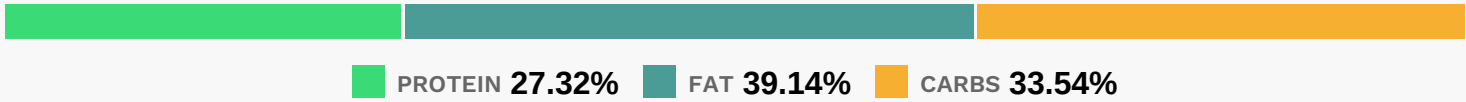
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Add the pasta, and cook for 8 minutes, or until tender.
- ☐ Drain.
- ☐ In the container of a food processor, combine the garlic, onion and oregano. Pulse until finely chopped.
- ☐ Heat the olive oil in a large skillet over medium heat.
- ☐ Add the onion mixture; cook and stir until fragrant and almost golden.
- ☐ Mix in the tomatoes, basil, salt and pepper. Simmer for about 5 minutes while the pasta is cooking, stirring occasionally.
- ☐ Mix in spinach until it wilts, then just before the pasta is done, stir in the shrimp. Cook until heated through. Toss with pasta in a large serving bowl, and mix in mozzarella cheese.

Nutrition Facts



Properties

Glycemic Index:61, Glycemic Load:18.92, Inflammation Score:-10, Nutrition Score:28.979565236879%

Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin:

0.84mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg Myricetin: 0.69mg, Myricetin: 0.69mg, Myricetin: 0.69mg, Myricetin: 0.69mg Quercetin: 7.06mg, Quercetin: 7.06mg, Quercetin: 7.06mg, Quercetin: 7.06mg

Nutrients (% of daily need)

Calories: 651.34kcal (32.57%), Fat: 28.6g (43.99%), Saturated Fat: 9.76g (61%), Carbohydrates: 55.13g (18.38%), Net Carbohydrates: 49.64g (18.05%), Sugar: 7.62g (8.47%), Cholesterol: 227.36mg (75.79%), Sodium: 704.68mg (30.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.91g (89.82%), Vitamin K: 85.43µg (81.36%), Selenium: 46.25µg (66.07%), Phosphorus: 604.75mg (60.47%), Manganese: 1.06mg (52.79%), Calcium: 465.69mg (46.57%), Vitamin A: 2254.68IU (45.09%), Copper: 0.76mg (37.77%), Zinc: 4.42mg (29.45%), Magnesium: 115.91mg (28.98%), Vitamin C: 22mg (26.67%), Potassium: 912.37mg (26.07%), Vitamin E: 3.71mg (24.73%), Fiber: 5.49g (21.97%), Vitamin B12: 1.29µg (21.55%), Iron: 3.77mg (20.92%), Vitamin B6: 0.34mg (16.88%), Folate: 66.67µg (16.67%), Vitamin B2: 0.26mg (15.51%), Vitamin B3: 2.07mg (10.33%), Vitamin B1: 0.15mg (9.87%), Vitamin B5: 0.53mg (5.3%), Vitamin D: 0.23µg (1.51%)