



Fusilli with Shrimp, Orange and Arugula (Summer)

 Dairy Free or type unknown

READY IN

ready or type unknown

20 min.

SERVINGS

servings or type unknown

6

CALORIES

calories or type unknown

554 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 5 ounces arugula
- ☐ 1 pound fusilli pasta
- ☐ 1 clove garlic minced
- ☐ 5 ounces olives green pitted halved
- ☐ 0.3 cup juice of lemon (1 lemon)
- ☐ 1 teaspoon lemon zest
- ☐ 0.3 cup olive oil extra-virgin

- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 2 large oranges
- ☐ 6 servings salad
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 2 shallots minced
- ☐ 1 pound shrimp shelled deveined
- ☐ 2 tablespoons white wine

Equipment

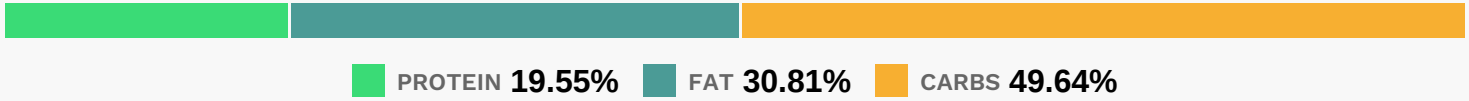
- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ whisk
- ☐ pot

Directions

- ☐ Bring a large pot of salted water to a boil over high heat.
- ☐ Add the pasta and cook until tender but still firm to the bite, stirring occasionally, about 8 to 10 minutes.
- ☐ Drain the pasta reserving about 1/2 cup of the pasta water.
- ☐ In a large saute pan, heat the oil over medium-high heat.
- ☐ Add the shallots and garlic. Cook until soft, about 2 minutes. Season the shrimp with salt and pepper,
- ☐ Add the shrimp and white wine to the pan.
- ☐ Saute for 2 to 3 minutes or until the shrimp are pink and cooked through.
- ☐ Combine the lemon zest and lemon juice in a small bowl. Slowly add the oil, whisking constantly, until mixture is smooth, Season with salt and pepper, to taste.
- ☐ Using a paring knife, remove the peel and white pith from the oranges. Over a large serving bowl, cut between the membranes of the oranges to form segments. Allow the juice from the oranges to drip into the serving bowl.

- ☐
- Add the arugula and olives to the serving bowl. Toss lightly to combine.
- ☐
- Add the hot pasta and the vinaigrette to the serving bowl and toss until arugula is wilted and all the ingredients are combined.

Nutrition Facts



Properties

Glycemic Index:37.25, Glycemic Load:25.72, Inflammation Score:-8, Nutrition Score:21.546956539154%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 18.2mg, Hesperetin: 18.2mg, Hesperetin: 18.2mg, Hesperetin: 18.2mg Naringenin: 9.56mg, Naringenin: 9.56mg, Naringenin: 9.56mg, Naringenin: 9.56mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 1.02mg, Isorhamnetin: 1.02mg, Isorhamnetin: 1.02mg, Isorhamnetin: 1.02mg Kaempferol: 8.32mg, Kaempferol: 8.32mg, Kaempferol: 8.32mg, Kaempferol: 8.32mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg

Nutrients (% of daily need)

Calories: 554.42kcal (27.72%), Fat: 19.11g (29.39%), Saturated Fat: 2.69g (16.83%), Carbohydrates: 69.26g (23.09%), Net Carbohydrates: 63.84g (23.22%), Sugar: 9.34g (10.38%), Cholesterol: 121.71mg (40.57%), Sodium: 481.57mg (20.94%), Alcohol: 0.51g (100%), Alcohol %: 0.19% (100%), Protein: 27.28g (54.55%), Selenium: 48.72µg (69.6%), Vitamin C: 50.64mg (61.38%), Manganese: 0.92mg (46.03%), Phosphorus: 349.76mg (34.98%), Vitamin K: 34.64µg (32.99%), Copper: 0.62mg (31.01%), Vitamin A: 1247.56IU (24.95%), Magnesium: 93.97mg (23.49%), Fiber: 5.42g (21.67%), Vitamin E: 3.18mg (21.23%), Potassium: 690.94mg (19.74%), Folate: 75.42µg (18.86%), Zinc: 2.38mg (15.86%), Calcium: 150.15mg (15.02%), Iron: 2.37mg (13.16%), Vitamin B6: 0.24mg (12.19%), Vitamin B1: 0.16mg (10.52%), Vitamin B3: 1.84mg (9.22%), Vitamin B2: 0.12mg (6.87%), Vitamin B5: 0.68mg (6.81%)