



Garden Shrimp Pasta

READY IN



45 min.

SERVINGS



6

CALORIES



397 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 ounces angel hair pasta uncooked
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 3 ounces feta cheese crumbled
- ☐ 0.3 cup basil fresh thinly sliced
- ☐ 0.3 cup mint leaves fresh thinly sliced
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 0.5 teaspoon lemon rind grated
- ☐ 1 teaspoon lemon rind grated

- ☐ 1 tablespoon olive oil
- ☐ 2 tablespoons olive oil
- ☐ 1 teaspoon orange rind grated
- ☐ 1 teaspoon oregano fresh chopped
- ☐ 2 tablespoons red wine vinegar
- ☐ 0.1 teaspoon salt
- ☐ 0.3 teaspoon salt
- ☐ 2 pounds and shrimp deveined peeled
- ☐ 2 teaspoons spicy brown mustard
- ☐ 1 teaspoon sugar
- ☐ 1.5 pounds tomatoes seeded chopped

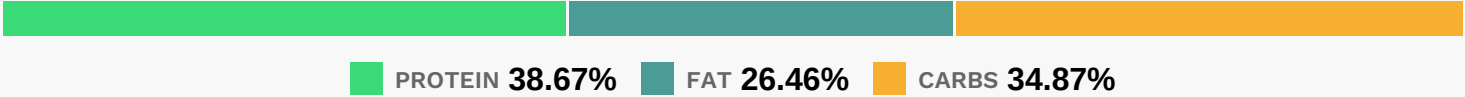
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine 2 tablespoons olive oil and next 6 ingredients (through shrimp) in a large bowl; toss well.
- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add shrimp mixture to pan; saut 6 minutes or until done.
- ☐ Remove from heat; set aside.
- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ Place pasta in a large bowl; add tomato, basil, and mint.
- ☐ Combine red wine vinegar, 1 tablespoon olive oil, sugar, and next 5 ingredients (through black pepper) in a small bowl.
- ☐ Pour over pasta mixture, and toss to coat.
- ☐ Place about 1 3/4 cups pasta mixture on each of 6 plates. Top each serving with about 3 ounces shrimp mixture and 2 tablespoons cheese.

Nutrition Facts



Properties

Glycemic Index:52.68, Glycemic Load:13.14, Inflammation Score:-8, Nutrition Score:17.127391260603%

Flavonoids

Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg Hesperetin: 0.31mg, Hesperetin: 0.31mg, Hesperetin: 0.31mg, Hesperetin: 0.31mg Naringenin: 0.78mg, Naringenin: 0.78mg, Naringenin: 0.78mg, Naringenin: 0.78mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 396.65kcal (19.83%), Fat: 11.73g (18.05%), Saturated Fat: 3.16g (19.74%), Carbohydrates: 34.78g (11.59%), Net Carbohydrates: 31.7g (11.53%), Sugar: 4.75g (5.27%), Cholesterol: 256.04mg (85.35%), Sodium: 515.81mg (22.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.57g (77.13%), Phosphorus: 475.12mg (47.51%), Copper: 0.79mg (39.41%), Selenium: 26.63µg (38.04%), Manganese: 0.6mg (29.82%), Vitamin A: 1170.31IU (23.41%), Magnesium: 92.56mg (23.14%), Potassium: 787.92mg (22.51%), Vitamin C: 17.77mg (21.54%), Zinc: 3.22mg (21.45%), Calcium: 200.81mg (20.08%), Vitamin K: 19.87µg (18.92%), Fiber: 3.08g (12.32%), Vitamin E: 1.8mg (11.98%), Iron: 2.04mg (11.34%), Vitamin B6: 0.22mg (10.84%), Vitamin B2: 0.17mg (10.25%), Folate: 32.44µg (8.11%), Vitamin B3: 1.54mg (7.69%), Vitamin B1: 0.1mg (6.97%), Vitamin B5: 0.42mg (4.23%), Vitamin B12: 0.24µg (3.99%)