



Garlic Shrimp and Pasta

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



344 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.8 cups chicken broth swanson®
- ☐ 4 cups pasta like spaghetti hot cooked thin
- ☐ 2 tablespoons cornstarch
- ☐ 3 tablespoons parsley fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 0.1 teaspoon ground pepper red
- ☐ 2 tablespoons juice of lemon
- ☐ 1 pound shrimp shelled deveined

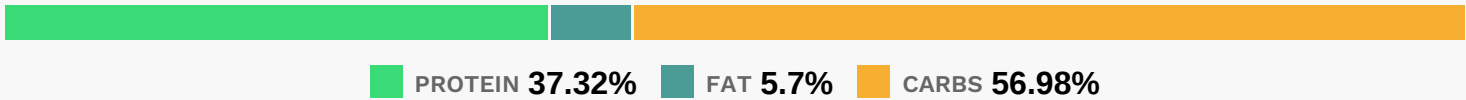
Equipment

☐ sauce pan

Directions

- ☐ Mix cornstarch, broth, garlic, parsley, lemon juice and red pepper in saucepan.
- ☐ Heat to a boil. Cook and stir until mixture boils and thickens.
- ☐ Add shrimp. Cook 5 minutes or until shrimp is done. Toss with spaghetti.

Nutrition Facts



Properties

Glycemic Index:35.63, Glycemic Load:19.91, Inflammation Score:-4, Nutrition Score:13.631739112346%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 344.16kcal (17.21%), Fat: 2.16g (3.32%), Saturated Fat: 0.38g (2.41%), Carbohydrates: 48.55g (16.18%), Net Carbohydrates: 45.82g (16.66%), Sugar: 1.46g (1.62%), Cholesterol: 184.63mg (61.54%), Sodium: 520.17mg (22.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.8g (63.6%), Selenium: 37.71µg (53.87%), Vitamin K: 49.28µg (46.93%), Phosphorus: 333.32mg (33.33%), Copper: 0.61mg (30.56%), Manganese: 0.57mg (28.48%), Magnesium: 68.46mg (17.11%), Zinc: 2.36mg (15.75%), Iron: 2.69mg (14.97%), Potassium: 411.22mg (11.75%), Fiber: 2.73g (10.9%), Calcium: 93.96mg (9.4%), Vitamin C: 7.41mg (8.98%), Vitamin A: 281.37IU (5.63%), Vitamin B2: 0.09mg (5.59%), Vitamin B6: 0.09mg (4.74%), Vitamin B3: 0.85mg (4.24%), Folate: 15.97µg (3.99%), Vitamin B1: 0.06mg (3.81%), Vitamin B5: 0.2mg (1.97%), Vitamin E: 0.18mg (1.19%)