



Garlic Shrimp Pasta

READY IN



45 min.

SERVINGS



8

CALORIES



308 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 tablespoons butter
- 3 tablespoons garlic minced
- 2 tablespoons parmesan cheese grated
- 1 pound vermicelli pasta
- 1 pound shrimp deveined peeled
- 1 tablespoon vegetable oil

Equipment

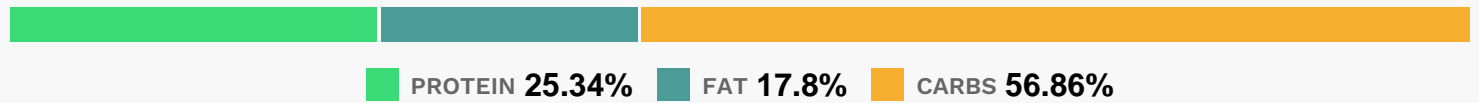
- bowl

- pot
- microwave

Directions

- Cook pasta in a large pot of boiling water with vegetable oil until al dente.
- Meanwhile, place the shrimp in boiling salted water for 3 to 5 minutes, just until they turn pink. Cooking time will depend on the size of the shrimp.
- Remove the tails, and place in a bowl of warm water.
- In a microwave safe bowl, mix butter or margarine and minced garlic. Microwave on high for 45 seconds, or until melted. Stir.
- Drain pasta, and transfer to a serving dish. Toss with garlic butter and shrimp.
- Sprinkle with grated Parmesan cheese.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:15.25, Glycemic Load:17.3, Inflammation Score:-2, Nutrition Score:9.1078261723337%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 308.4kcal (15.42%), Fat: 6.05g (9.31%), Saturated Fat: 2.47g (15.43%), Carbohydrates: 43.49g (14.5%), Net Carbohydrates: 41.61g (15.13%), Sugar: 1.55g (1.72%), Cholesterol: 99.9mg (33.3%), Sodium: 115.76mg (5.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.38g (38.76%), Selenium: 36.73µg (52.47%), Manganese: 0.59mg (29.49%), Phosphorus: 241.85mg (24.19%), Copper: 0.4mg (19.75%), Magnesium: 51.15mg (12.79%), Zinc: 1.65mg (11.01%), Potassium: 291.29mg (8.32%), Fiber: 1.88g (7.51%), Calcium: 65.51mg (6.55%), Iron: 1.09mg (6.05%), Vitamin B6: 0.12mg (5.94%), Vitamin B3: 0.99mg (4.94%), Vitamin B1: 0.06mg (3.84%), Vitamin K: 3.5µg (3.33%), Vitamin B5: 0.27mg (2.7%), Folate: 10.48µg (2.62%), Vitamin B2: 0.04mg (2.52%), Vitamin A: 98.55IU (1.97%), Vitamin E: 0.29mg (1.94%), Vitamin C: 0.94mg (1.13%)