



Greek Pasta with Shrimp and Artichokes

 Dairy Free

READY IN



24 min.

SERVINGS



4

CALORIES



349 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 14 ounce artichoke hearts drained coarsely chopped canned
- ☐ 2 ounces feta cheese with basil and sun-dried tomatoes crumbled
- ☐ 0.3 cup parsley fresh chopped
- ☐ 1 cup grape tomatoes halved
- ☐ 0.1 teaspoon ground pepper red
- ☐ 0.3 teaspoon coarsely ground pepper black
- ☐ 2 tablespoons juice of lemon
- ☐ 1 teaspoon oregano dried

- ☐ 6 ounces orzo pasta) (rice-shaped uncooked
- ☐ 0.5 teaspoon salt
- ☐ 1.3 pounds shrimp deveined peeled

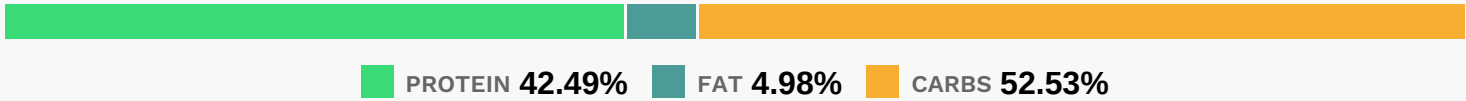
Equipment

- ☐ bowl

Directions

- ☐ Cook pasta according to package directions 6 minutes, omitting salt and fat.
- ☐ Add shrimp, and cook 3 minutes or until shrimp are done.
- ☐ Drain well.
- ☐ Combine artichokes and remaining ingredients in a large bowl.
- ☐ Add shrimp and pasta; toss gently. Cover and chill 10 to 15 minutes.

Nutrition Facts



Properties

Glycemic Index:52.75, Glycemic Load:15.06, Inflammation Score:-8, Nutrition Score:19.928695533587%

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: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 349.26kcal (17.46%), Fat: 1.94g (2.99%), Saturated Fat: 0.35g (2.2%), Carbohydrates: 46.15g (15.38%), Net Carbohydrates: 40.66g (14.79%), Sugar: 8.46g (9.4%), Cholesterol: 228.21mg (76.07%), Sodium: 847.65mg (36.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.33g (74.66%), Vitamin K: 73.94µg (70.42%), Copper: 0.91mg (45.62%), Phosphorus: 447.01mg (44.7%), Selenium: 27.7µg (39.57%), Manganese: 0.79mg (39.53%), Potassium: 1081.3mg (30.89%), Magnesium: 107.74mg (26.93%), Vitamin C: 18.61mg (22.56%), Fiber:

5.49g (21.95%), Zinc: 2.91mg (19.37%), Iron: 3.12mg (17.34%), Vitamin A: 785.72IU (15.71%), Calcium: 133.4mg (13.34%), Vitamin B3: 2.31mg (11.57%), Vitamin B1: 0.13mg (8.88%), Folate: 31.35µg (7.84%), Vitamin B6: 0.15mg (7.56%), Vitamin B2: 0.11mg (6.48%), Vitamin B5: 0.54mg (5.43%), Vitamin E: 0.4mg (2.67%)