



Greek Shrimp Pasta Salad

 Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



474 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2.5 oz olives black ripe drained sliced canned
- 0.5 teaspoon garlic minced
- 0.3 cup juice of lemon
- 3 tablespoons mayonnaise
- 0.3 cup olive oil
- 2 tablespoons parsley chopped
- 0.3 cup onion red chopped
- 16 oz barilla rotini pasta

- 1 tablespoon greek seasoning
- 0.5 pound shrimp cooked peeled
- 0.3 teaspoon sugar
- 1 cup tomatoes chopped (1 large tomato)

Equipment

- bowl
- whisk

Directions

- Cook pasta according to package directions.
- Drain well, and set aside.
- Whisk together lemon juice and next 4 ingredients. Gradually add oil in a slow, steady stream, whisking until blended. Cover and chill until ready to use.
- Combine cooked pasta, shrimp, and next 4 ingredients in large bowl.
- Drizzle with vinaigrette, tossing to coat. Cover and chill 1 hour.
- Serve on lettuce-lined plate, if desired.

Nutrition Facts



PROTEIN 15.33% **FAT 33.22%** **CARBS 51.45%**

Properties

Glycemic Index:49.02, Glycemic Load:23.29, Inflammation Score:-6, Nutrition Score:15.948695845578%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg

Nutrients (% of daily need)

Calories: 474.29kcal (23.71%), Fat: 17.58g (27.04%), Saturated Fat: 2.6g (16.27%), Carbohydrates: 61.26g (20.42%), Net Carbohydrates: 56.92g (20.7%), Sugar: 3.6g (3.99%), Cholesterol: 63.8mg (21.27%), Sodium: 281.44mg (12.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.25g (36.5%), Selenium: 48.24µg (68.91%), Vitamin K: 56.25µg (53.57%), Manganese: 0.87mg (43.68%), Phosphorus: 239.22mg (23.92%), Copper: 0.42mg (20.95%), Vitamin E: 2.67mg (17.8%), Fiber: 4.35g (17.39%), Magnesium: 66.06mg (16.51%), Iron: 2.39mg (13.25%), Vitamin C: 9.74mg (11.8%), Zinc: 1.73mg (11.53%), Potassium: 393.33mg (11.24%), Calcium: 93.14mg (9.31%), Vitamin B6: 0.17mg (8.71%), Vitamin A: 412.84IU (8.26%), Vitamin B3: 1.61mg (8.06%), Folate: 29.21µg (7.3%), Vitamin B1: 0.09mg (6.13%), Vitamin B5: 0.41mg (4.14%), Vitamin B2: 0.07mg (4.13%)