



WHATSheATE



Healthified Garlic Shrimp Pasta

🤍 Popular

READY IN



30 min.

SERVINGS



6

CALORIES



309 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 oz angel hair pasta uncooked (capellini)
- ☐ 4 cups baby spinach fresh
- ☐ 2 tablespoons butter
- ☐ 1.5 cups cherry tomatoes halved
- ☐ 3 tablespoons parsley fresh chopped
- ☐ 3 cloves garlic finely chopped
- ☐ 0.3 cup chicken broth reduced-sodium progresso® (from 32-oz carton)
- ☐ 3 teaspoons olive oil

- ☐ 0.5 cup onion finely chopped
- ☐ 0.1 teaspoon pepper
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 0.3 teaspoon salt
- ☐ 1.5 lb shrimp fresh deveined peeled

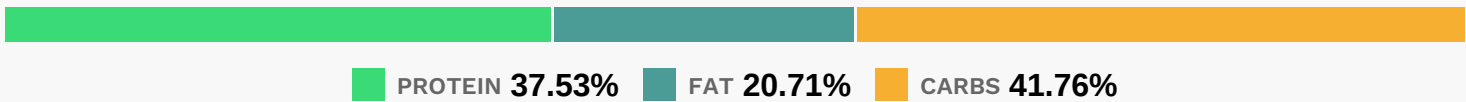
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ dutch oven

Directions

- ☐ In 5-quart saucepan or Dutch oven, cook pasta as directed on package.
- ☐ Drain; return to saucepan. Stir in spinach, tomatoes and 2 teaspoons of the oil. Cover to keep warm.
- ☐ While pasta is cooking, in 12-inch nonstick skillet, heat remaining 1 teaspoon oil over medium-high heat.
- ☐ Add onion; cook and stir 1 minute.
- ☐ Add shrimp, garlic and pepper flakes; cook and stir 2 minutes.
- ☐ Stir in wine, broth, salt and pepper; cook 2 minutes or until shrimp are pink and firm.
- ☐ Remove from heat; stir in parsley and butter until butter is melted.
- ☐ Add shrimp mixture to pasta mixture in saucepan; toss to mix.

Nutrition Facts



Properties

Glycemic Index:40.83, Glycemic Load:11.88, Inflammation Score:-9, Nutrition Score:19.012174090613%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 1.4mg, Kaempferol: 1.4mg, Kaempferol: 1.4mg, Kaempferol: 1.4mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg

Nutrients (% of daily need)

Calories: 309.27kcal (15.46%), Fat: 7.16g (11.02%), Saturated Fat: 2.94g (18.39%), Carbohydrates: 32.5g (10.83%), Net Carbohydrates: 30.23g (10.99%), Sugar: 2.64g (2.93%), Cholesterol: 192.6mg (64.2%), Sodium: 290.28mg (12.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.2g (58.4%), Vitamin K: 132.25µg (125.95%), Vitamin A: 2367.99IU (47.36%), Selenium: 24.62µg (35.18%), Phosphorus: 346.05mg (34.61%), Manganese: 0.65mg (32.75%), Copper: 0.63mg (31.29%), Vitamin C: 18.23mg (22.09%), Magnesium: 81.97mg (20.49%), Potassium: 624.83mg (17.85%), Zinc: 2.29mg (15.27%), Folate: 56.24µg (14.06%), Iron: 2.11mg (11.7%), Calcium: 115mg (11.5%), Fiber: 2.27g (9.1%), Vitamin B6: 0.16mg (8.07%), Vitamin E: 1.1mg (7.36%), Vitamin B3: 1.18mg (5.92%), Vitamin B1: 0.07mg (4.96%), Vitamin B2: 0.08mg (4.78%), Vitamin B5: 0.26mg (2.64%)