



Herbed Shrimp and Pasta with Feta

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



220 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 14.5 ounce canned tomatoes diced with green peppers and onions canned
- 0.5 teaspoon pepper red crushed
- 1 tablespoon basil dried
- 2 ounces feta cheese with basil and sun-dried tomatoes crumbled
- 2 garlic cloves minced
- 2 teaspoons olive oil extra-virgin
- 4 ounces vermicelli uncooked
- 0.3 pound shrimp deveined peeled

Equipment

- frying pan

Directions

- Cook pasta according to package directions, omitting salt and fat; drain and toss with olive oil. Keep warm.
- Heat a large nonstick skillet over medium- high heat. Coat pan with cooking spray; add shrimp, garlic, basil, and crushed red pepper. Saut, 2 minutes, or just until shrimp begin to turn pink.
- Add tomatoes, and bring to a boil over medium-high heat; reduce heat, and simmer, uncovered, 2 minutes, stirring occasionally.
- Serve tomato mixture over pasta, and top with feta cheese.

Nutrition Facts



Properties

Glycemic Index:39, Glycemic Load:17.52, Inflammation Score:-5, Nutrition Score:13.897826132567%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 219.7kcal (10.98%), Fat: 3.1g (4.76%), Saturated Fat: 0.48g (2.99%), Carbohydrates: 40.1g (13.37%), Net Carbohydrates: 35.45g (12.89%), Sugar: 9.9g (11%), Cholesterol: 45.64mg (15.21%), Sodium: 241.31mg (10.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.72g (21.43%), Manganese: 0.73mg (36.38%), Vitamin K: 30.18µg (28.74%), Copper: 0.55mg (27.51%), Potassium: 907.86mg (25.94%), Iron: 3.95mg (21.93%), Phosphorus: 193.18mg (19.32%), Vitamin C: 15.49mg (18.77%), Fiber: 4.65g (18.58%), Magnesium: 69.23mg (17.31%), Vitamin B3: 2.69mg (13.45%), Vitamin B6: 0.24mg (12.13%), Vitamin E: 1.78mg (11.85%), Vitamin B1: 0.17mg (11.01%), Calcium: 99.74mg (9.97%), Selenium: 5.97µg (8.53%), Vitamin A: 426.54IU (8.53%), Vitamin B2: 0.14mg (8.45%), Zinc: 1.25mg (8.32%), Folate: 27.06µg (6.77%), Vitamin B5: 0.62mg (6.16%)