



## Italian Shrimp Stir-Fry

READY IN



15 min.

SERVINGS



5

CALORIES



378 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 8 ounces pasta uncooked
- 0.8 cup salad dressing italian reduced-calorie
- 1.5 teaspoons lemon zest grated
- 3 cloves garlic finely chopped
- 0.8 pound shrimp fresh thawed deveined uncooked peeled ()
- 3 cups cauliflower florets
- 1.5 cups to 3 sized squashes yellow
- 2 tablespoons water
- 8 cherry tomatoes cut in half

- 12 extra large olives pitted ripe cut in half
- 0.3 cup basil fresh chopped
- 1 serving parmesan cheese grated

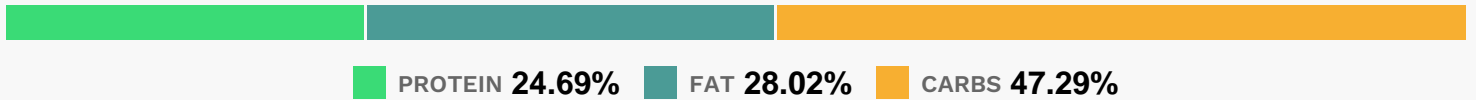
## Equipment

- frying pan

## Directions

- Cook and drain linguine as directed on package; keep warm.
- Mix dressing, lemon peel and garlic; set aside.
- Spray 12-inch nonstick skillet with cooking spray; heat over medium-high heat.
- Add shrimp; stir-fry about 2 minutes or until shrimp are pink and firm.
- Remove shrimp from skillet.
- Spray skillet with cooking spray; heat over medium-high heat.
- Add broccoli and squash; stir-fry 1 minute.
- Add water. Cover and simmer about 3 minutes, stirring occasionally, until vegetables are crisp-tender (add water if necessary to prevent sticking).
- Stir in dressing mixture; cook 30 seconds. Stir in tomatoes, olives, basil, shrimp and linguine; stir-fry until hot.
- Sprinkle with cheese.

## Nutrition Facts



## Properties

Glycemic Index:41.2, Glycemic Load:14.61, Inflammation Score:-6, Nutrition Score:17.084782676204%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.55mg,

Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

## Nutrients (% of daily need)

Calories: 378.46kcal (18.92%), Fat: 11.9g (18.3%), Saturated Fat: 2.46g (15.37%), Carbohydrates: 45.18g (15.06%), Net Carbohydrates: 41.53g (15.1%), Sugar: 7.69g (8.54%), Cholesterol: 114.76mg (38.25%), Sodium: 710.84mg (30.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.59g (47.18%), Vitamin C: 42.58mg (51.61%), Selenium: 32.39µg (46.27%), Vitamin K: 36.11µg (34.39%), Manganese: 0.68mg (33.96%), Phosphorus: 325.44mg (32.54%), Copper: 0.49mg (24.52%), Potassium: 664.69mg (18.99%), Magnesium: 71.35mg (17.84%), Vitamin B6: 0.33mg (16.29%), Fiber: 3.65g (14.61%), Zinc: 2.17mg (14.47%), Folate: 57.33µg (14.33%), Calcium: 143.33mg (14.33%), Vitamin E: 1.47mg (9.81%), Iron: 1.74mg (9.66%), Vitamin B2: 0.14mg (8.36%), Vitamin B1: 0.11mg (7.46%), Vitamin B3: 1.48mg (7.42%), Vitamin A: 366.89IU (7.34%), Vitamin B5: 0.72mg (7.2%), Vitamin B12: 0.08µg (1.35%)