



Italian Shrimp Stir-Fry

READY IN



15 min.

SERVINGS



5

CALORIES



482 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 cups broccoli
- 8 cherry tomatoes cut in half
- 0.3 cup basil fresh chopped
- 3 cloves garlic finely chopped
- 0.8 cup salad dressing italian reduced-calorie
- 1.5 teaspoons lemon zest grated
- 8 ounces pasta uncooked
- 12 extra large olives pitted ripe cut in half
- 5 servings parmesan cheese grated

- 0.8 pound shrimp fresh thawed deveined uncooked peeled ()
- 2 tablespoons water
- 1.5 cups to 3 sized squashes yellow

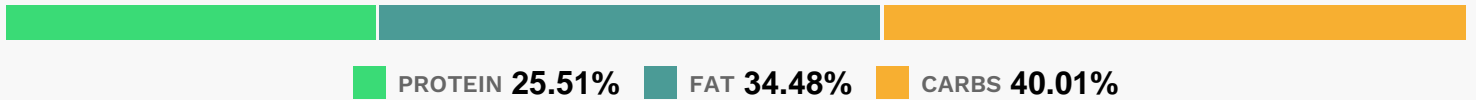
Equipment

- 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:14.72, Inflammation Score:-8, Nutrition Score:24.030869338823%

Flavonoids

Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Kaempferol: 4.15mg, Kaempferol: 4.15mg, Kaempferol: 4.15mg, Kaempferol: 4.15mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg

Nutrients (% of daily need)

Calories: 482.45kcal (24.12%), Fat: 18.64g (28.68%), Saturated Fat: 6.16g (38.5%), Carbohydrates: 48.68g (16.23%), Net Carbohydrates: 44.85g (16.31%), Sugar: 7.46g (8.29%), Cholesterol: 135.64mg (45.21%), Sodium: 1130.26mg (49.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.03g (62.07%), Vitamin K: 81.07µg (77.21%), Vitamin C: 60.75mg (73.64%), Selenium: 41.75µg (59.64%), Phosphorus: 486.05mg (48.6%), Calcium: 367.1mg (36.71%), Manganese: 0.72mg (35.87%), Copper: 0.5mg (25.12%), Zinc: 3.26mg (21.76%), Magnesium: 81.84mg (20.46%), Potassium: 696.3mg (19.89%), Vitamin A: 903.43IU (18.07%), Vitamin B6: 0.33mg (16.36%), Fiber: 3.83g (15.3%), Vitamin B2: 0.25mg (14.74%), Folate: 57.83µg (14.46%), Vitamin E: 1.96mg (13.05%), Iron: 1.98mg (11%), Vitamin B1: 0.13mg (8.39%), Vitamin B3: 1.54mg (7.68%), Vitamin B5: 0.7mg (7.01%), Vitamin B12: 0.41µg (6.75%)