



## Kahala's Shrimp and Broccoli Toss

READY IN



30 min.

SERVINGS



8

CALORIES



357 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 16 ounce angel hair pasta uncooked
- 0.5 teaspoon pepper black freshly ground
- 1 bunch broccoli florets
- 2 tablespoons garlic minced
- 0.3 cup butter
- 2 tablespoons olive oil
- 0.5 medium onion chopped
- 0.5 teaspoon salt
- 0.3 cup mozzarella cheese shredded

1 pound shrimp frozen thawed

## Equipment

frying pan

pot

## Directions

Bring a pot of water to a boil, and cook the broccoli 5 minutes, just until tender.

Drain, and set aside.

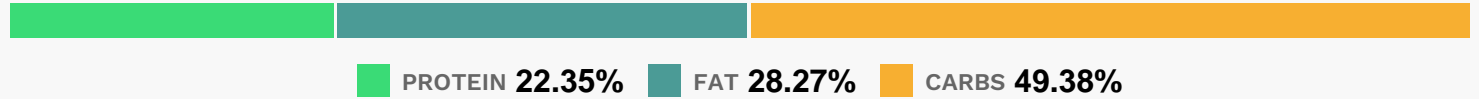
Bring a large pot of lightly salted water to a boil.

Add angel hair pasta, cook for 4 minutes, until al dente, and drain.

Heat the margarine and olive oil in a skillet, and cook the onion and garlic until tender.

Mix in broccoli and shrimp, and cook until heated through. Toss with the cooked pasta, season with salt and pepper, and top with cheese to serve.

## Nutrition Facts



## Properties

Glycemic Index:23.75, Glycemic Load:17.39, Inflammation Score:-4, Nutrition Score:9.6434782419516%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg

## Nutrients (% of daily need)

Calories: 357.08kcal (17.85%), Fat: 11.16g (17.17%), Saturated Fat: 2.35g (14.68%), Carbohydrates: 43.87g (14.62%), Net Carbohydrates: 41.86g (15.22%), Sugar: 1.86g (2.07%), Cholesterol: 94.05mg (31.35%), Sodium: 305.81mg (13.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.85g (39.7%), Selenium: 36.76µg (52.51%), Manganese: 0.6mg (29.93%), Phosphorus: 247.85mg (24.79%), Copper: 0.4mg (19.82%), Magnesium: 52.24mg (13.06%), Zinc: 1.7mg (11.32%), Potassium: 301.94mg (8.63%), Fiber: 2.01g (8.03%), Calcium: 73.94mg (7.39%), Iron: 1.13mg (6.28%), Vitamin B6: 0.12mg (5.8%), Vitamin A: 279.18IU (5.58%), Vitamin E: 0.8mg (5.32%), Vitamin B3:

0.99mg (4.97%), Vitamin B1: 0.06mg (4.01%), Folate: 11.99µg (3%), Vitamin B2: 0.05mg (3%), Vitamin B5: 0.28mg (2.78%), Vitamin K: 2.64µg (2.51%), Vitamin C: 1.26mg (1.53%), Vitamin B12: 0.09µg (1.45%)