



Lemon Basil Shrimp and Pasta

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



375 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 cups baby spinach
- 3 tablespoons capers drained
- 2 tablespoons olive oil extravirgin
- 0.3 cup basil fresh chopped
- 2 tablespoons juice of lemon fresh
- 0.5 teaspoon salt
- 1 pound shrimp deveined peeled
- 8 ounces pasta like spaghetti uncooked

3 quarts water

Equipment

bowl

frying pan

dutch oven

Directions

Bring 3 quarts water to a boil in a Dutch oven.

Add pasta; cook 8 minutes.

Add shrimp to pan; cook 3 minutes or until shrimp are done and pasta is al dente.

Drain.

Place pasta mixture in a large bowl. Stir in basil and next 4 ingredients (through salt).

Place 1/2 cup spinach on each of 4 plates; top each serving with 1 1/2 cups pasta mixture.

Nutrition Facts

PROTEIN 32.85% **FAT 20.55%** **CARBS 46.6%**

Properties

Glycemic Index:36, Glycemic Load:17.1, Inflammation Score:-8, Nutrition Score:17.923043458358%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 8.84mg, Kaempferol: 8.84mg, Kaempferol: 8.84mg, Kaempferol: 8.84mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 10.98mg, Quercetin: 10.98mg, Quercetin: 10.98mg, Quercetin: 10.98mg

Nutrients (% of daily need)

Calories: 375.45kcal (18.77%), Fat: 8.57g (13.19%), Saturated Fat: 1.26g (7.9%), Carbohydrates: 43.73g (14.58%), Net Carbohydrates: 41.35g (15.04%), Sugar: 1.79g (1.99%), Cholesterol: 182.57mg (60.86%), Sodium: 642.78mg (27.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.83g (61.66%), Vitamin K: 84.42µg (80.4%), Selenium: 36.07µg (51.53%), Copper: 0.77mg (38.5%), Phosphorus: 359.22mg (35.92%), Manganese: 0.72mg

(35.77%), Vitamin A: 1494.41IU (29.89%), Magnesium: 92.08mg (23.02%), Zinc: 2.51mg (16.7%), Potassium: 524.19mg (14.98%), Calcium: 126.38mg (12.64%), Folate: 43.21µg (10.8%), Iron: 1.93mg (10.71%), Vitamin E: 1.45mg (9.67%), Fiber: 2.38g (9.53%), Vitamin C: 7.65mg (9.27%), Vitamin B6: 0.12mg (5.85%), Vitamin B3: 1.13mg (5.66%), Vitamin B1: 0.07mg (4.41%), Vitamin B2: 0.07mg (4.29%), Vitamin B5: 0.27mg (2.69%)