



## Lemon Herb Shrimp and Pasta

READY IN



25 min.

SERVINGS



4

CALORIES



436 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 8 oz farfalle pasta uncooked (farfalle)
- 12 oz savory vegetable frozen
- 0.5 lb shrimp deveined cooked peeled
- 2 oz parmesan shredded
- 1 of lemon zest grated
- 1 tablespoon olive oil extra virgin extra-virgin
- 1 cup grape tomatoes cut in half
- 1 serving parmesan shredded

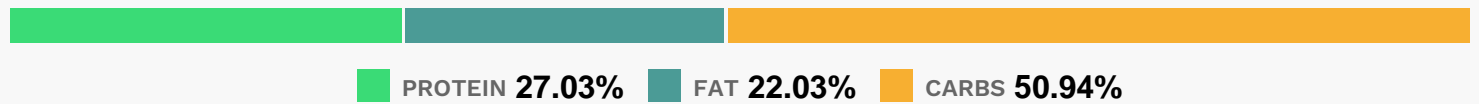
# Equipment

- bowl
- microwave

# Directions

- Cook and drain pasta as directed on package.
- Meanwhile, cook frozen vegetables in microwave as directed on package.
- In large bowl, toss cooked pasta and vegetables, cooked shrimp, 1/2 cup cheese, the lemon peel, oil and tomatoes. Divide mixture among 4 shallow bowls or plates; sprinkle with additional cheese.

# Nutrition Facts



# Properties

Glycemic Index:44.75, Glycemic Load:21.21, Inflammation Score:-10, Nutrition Score:20.802608977193%

# Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

# Nutrients (% of daily need)

Calories: 435.71kcal (21.79%), Fat: 10.76g (16.56%), Saturated Fat: 4.35g (27.18%), Carbohydrates: 55.97g (18.66%), Net Carbohydrates: 50.28g (18.28%), Sugar: 2.68g (2.97%), Cholesterol: 106.02mg (35.34%), Sodium: 460.02mg (20%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.7g (59.4%), Vitamin A: 4798.46IU (95.97%), Selenium: 41.05µg (58.65%), Phosphorus: 438.07mg (43.81%), Manganese: 0.79mg (39.65%), Calcium: 330.18mg (33.02%), Copper: 0.49mg (24.69%), Fiber: 5.69g (22.76%), Magnesium: 83.98mg (20.99%), Zinc: 2.6mg (17.35%), Vitamin C: 14.27mg (17.3%), Potassium: 565.09mg (16.15%), Iron: 2.14mg (11.89%), Vitamin B1: 0.18mg (11.81%), Vitamin B3: 2.31mg (11.55%), Vitamin B2: 0.19mg (10.91%), Vitamin B6: 0.21mg (10.61%), Folate: 42.01µg (10.5%), Vitamin E: 0.82mg (5.44%), Vitamin K: 5.47µg (5.21%), Vitamin B5: 0.52mg (5.15%), Vitamin B12: 0.26µg (4.33%)