



Lemon Herb Shrimp and Pasta

READY IN



25 min.

SERVINGS



4

CALORIES



524 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

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

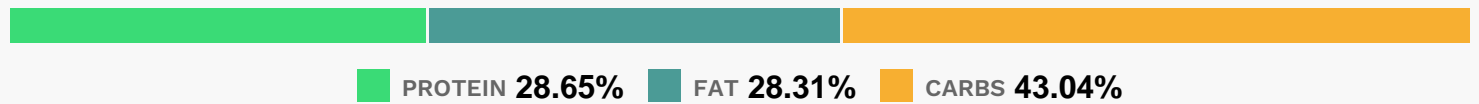
Equipment

- 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:21.4, Inflammation Score:-10, Nutrition Score:24.083478025768%

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: 523.91kcal (26.2%), Fat: 16.57g (25.5%), Saturated Fat: 8.04g (50.25%), Carbohydrates: 56.7g (18.9%), Net Carbohydrates: 51.01g (18.55%), Sugar: 2.86g (3.17%), Cholesterol: 121.32mg (40.44%), Sodium: 820.47mg (35.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.75g (75.49%), Vitamin A: 4974.19IU (99.48%), Selenium: 46.12µg (65.88%), Calcium: 596.58mg (59.66%), Phosphorus: 594.22mg (59.42%), Manganese: 0.8mg (39.87%), Copper: 0.5mg (25.05%), Magnesium: 93.88mg (23.47%), Fiber: 5.69g (22.76%), Zinc: 3.22mg (21.47%), Vitamin C: 14.27mg (17.3%), Potassium: 585.79mg (16.74%), Vitamin B2: 0.26mg (15.31%), Iron: 2.32mg (12.91%), Vitamin B1: 0.19mg (12.4%), Vitamin B3: 2.37mg (11.85%), Vitamin B6: 0.23mg (11.63%), Folate: 43.58µg (10.9%), Vitamin B12: 0.53µg (8.83%), Vitamin B5: 0.62mg (6.17%), Vitamin E: 0.87mg (5.77%), Vitamin K: 5.86µg (5.58%), Vitamin D: 0.22µg (1.47%)