



Lemon & parsley spaghetti

 Dairy Free

READY IN



15 min.

SERVINGS



2

CALORIES



518 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 175 g pasta like spaghetti
- ☐ 2 tbsp olive oil
- ☐ 140 g shrimp raw frozen thawed peeled
- ☐ 1 bunch flat parsley roughly chopped

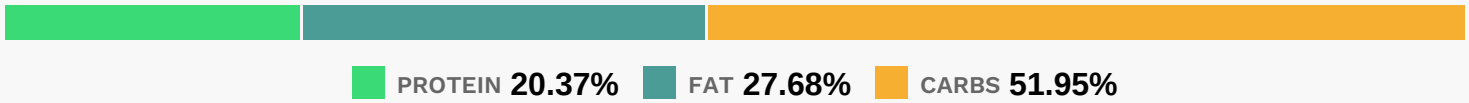
Equipment

- ☐ frying pan

Directions

- ☐ Boil the pasta. Meanwhile, heat the oil in a large pan, add the prawns, then quickly fry until they are evenly pink.
- ☐ Throw in the lemon zest and juice, parsley, 2 tbsp of the pasta cooking water and salt and pepper, then heat through.
- ☐ Drain the spaghetti, add to the pan, then toss everything together.
- ☐ Serve with lemon wedges, if liked.

Nutrition Facts



Properties

Glycemic Index:37, Glycemic Load:26.54, Inflammation Score:-9, Nutrition Score:23.423913147139%

Flavonoids

Apigenin: 61.42mg, Apigenin: 61.42mg, Apigenin: 61.42mg, Apigenin: 61.42mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 4.23mg, Myricetin: 4.23mg, Myricetin: 4.23mg, Myricetin: 4.23mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 518.15kcal (25.91%), Fat: 15.9g (24.47%), Saturated Fat: 2.28g (14.27%), Carbohydrates: 67.14g (22.38%), Net Carbohydrates: 63.4g (23.05%), Sugar: 2.58g (2.87%), Cholesterol: 112.7mg (37.57%), Sodium: 104.79mg (4.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.33g (52.65%), Vitamin K: 475.92µg (453.25%), Selenium: 55.33µg (79.04%), Vitamin A: 2400.84IU (48.02%), Vitamin C: 37.9mg (45.95%), Manganese: 0.87mg (43.55%), Phosphorus: 331.7mg (33.17%), Copper: 0.57mg (28.45%), Magnesium: 85.13mg (21.28%), Iron: 3.35mg (18.59%), Zinc: 2.48mg (16.51%), Vitamin E: 2.33mg (15.51%), Potassium: 537.96mg (15.37%), Fiber: 3.74g (14.96%), Folate: 59.07µg (14.77%), Calcium: 102.64mg (10.26%), Vitamin B3: 1.86mg (9.3%), Vitamin B6: 0.15mg (7.5%), Vitamin B1: 0.1mg (6.88%), Vitamin B5: 0.49mg (4.91%), Vitamin B2: 0.08mg (4.73%)