



Lemon Pepper Pasta Seafood

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



425 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons garlic chopped
- ☐ 1 tablespoon lemon pepper
- ☐ 8 ounce lemon pepper linguine
- ☐ 4 tablespoons olive oil
- ☐ 0.5 cup parmesan cheese grated
- ☐ 1 pound shrimp deveined peeled

Equipment

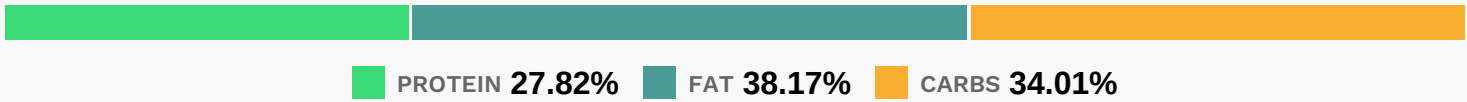
- ☐ frying pan

☐ pot

Directions

- ☐ Bring a large pot of lightly salted water to boil, add pasta, and cook for 8 to 10 minutes, or until al dente.
- ☐ Drain, and return pasta to the pot.
- ☐ Heat olive oil in a skillet over medium heat. Cook garlic, lemon pepper seasoning, and shrimp in oil until shrimp is cooked through, 3 to 5 minutes.
- ☐ Toss pasta with shrimp and Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:7.57, Inflammation Score:-7, Nutrition Score:26.603913158178%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 424.81kcal (21.24%), Fat: 20g (30.76%), Saturated Fat: 4.8g (29.99%), Carbohydrates: 40.09g (13.36%), Net Carbohydrates: 25.28g (9.19%), Sugar: 0.42g (0.47%), Cholesterol: 193.45mg (64.48%), Sodium: 366.29mg (15.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.79g (65.59%), Manganese: 7.54mg (376.85%), Vitamin K: 103.98µg (99.03%), Copper: 1.23mg (61.72%), Fiber: 14.81g (59.23%), Calcium: 448.28mg (44.83%), Phosphorus: 420mg (42%), Magnesium: 144.58mg (36.15%), Iron: 6.44mg (35.8%), Potassium: 1112.02mg (31.77%), Zinc: 2.8mg (18.67%), Vitamin E: 2.69mg (17.92%), Vitamin B6: 0.23mg (11.45%), Selenium: 7.79µg (11.14%), Vitamin B2: 0.15mg (8.96%), Vitamin B5: 0.88mg (8.79%), Vitamin A: 426.83IU (8.54%), Vitamin B1: 0.07mg (4.95%), Vitamin B3: 0.7mg (3.51%), Vitamin B12: 0.17µg (2.81%), Folate: 10.76µg (2.69%), Vitamin C: 1.25mg (1.51%)