



Lemon-Shrimp Pasta Salad

READY IN



30 min.

SERVINGS



30

CALORIES



88 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 lb asparagus spears fresh cut into 2-inch lengths
- 1 cup cherry tomatoes halved
- 8 oz natural milk colby & monterey jack cheese crumbles 2% kraft
- 3 cups farfalle pasta uncooked (bow-tie pasta)
- 1 cup 1 cup kraft lite zesty italian dressing italian kraft
- 1 tsp lemon zest
- 1 tsp oregano leaves dried
- 1 lb shrimp cleaned cooked

Equipment

- bowl
- sauce pan

Directions

- Cook pasta in large saucepan as directed on package, omitting salt and adding asparagus to the cooking water for the last 3 min.; drain. Rinse with cold water; drain well.
- Mix dressing, oregano and zest.
- Place pasta mixture in large bowl.
- Add dressing mixture, shrimp, tomatoes and cheese; mix lightly.

Nutrition Facts



Properties

Glycemic Index:2.63, Glycemic Load:1.89, Inflammation Score:-2, Nutrition Score:3.6778260650842%

Flavonoids

Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Quercetin: 2.15mg, Quercetin: 2.15mg, Quercetin: 2.15mg, Quercetin: 2.15mg

Nutrients (% of daily need)

Calories: 87.81kcal (4.39%), Fat: 4.27g (6.57%), Saturated Fat: 1.8g (11.24%), Carbohydrates: 6.46g (2.15%), Net Carbohydrates: 5.88g (2.14%), Sugar: 1.46g (1.62%), Cholesterol: 31.52mg (10.51%), Sodium: 142.67mg (6.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.04g (12.08%), Vitamin K: 11.4µg (10.86%), Phosphorus: 88.77mg (8.88%), Selenium: 5.42µg (7.74%), Calcium: 68.96mg (6.9%), Copper: 0.11mg (5.69%), Manganese: 0.1mg (4.77%), Vitamin A: 217.61IU (4.35%), Zinc: 0.62mg (4.1%), Iron: 0.61mg (3.41%), Magnesium: 13.56mg (3.39%), Vitamin B2: 0.05mg (3.22%), Potassium: 111.71mg (3.19%), Folate: 11.1µg (2.77%), Vitamin E: 0.41mg (2.73%), Vitamin C: 2.1mg (2.54%), Fiber: 0.58g (2.31%), Vitamin B1: 0.03mg (2.11%), Vitamin B6: 0.04mg (1.9%), Vitamin B3: 0.3mg (1.48%), Vitamin B12: 0.06µg (1.05%)