



Mediterranean Pasta with Shrimp

READY IN



35 min.

SERVINGS



5

CALORIES



374 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 5 oz farfalle pasta uncooked (farfalle)
- 1 lb shrimp frozen thawed deveined uncooked peeled (if)
- 4 oz feta cheese crumbled (1 cup)
- 3 oz accompaniment: lightly whipped cream fresh packed
- 1 cup bell pepper red chopped
- 2 tablespoons basil dried fresh chopped
- 0.5 teaspoon salt
- 0.3 cup kalamata olives ripe drained sliced
- 2 tablespoons vegetable oil

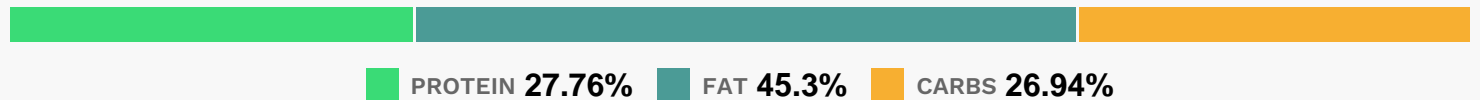
Equipment

- sauce pan
- oven
- baking pan
- dutch oven
- glass baking pan

Directions

- Heat oven to 350°F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray.
- In 4-quart saucepan or Dutch oven, cook pasta as directed on package, adding shrimp during last 2 minutes of cook time. Cook until pasta is tender and shrimp are pink.
- Drain; return to saucepan.
- Stir 1/2 cup cheese and remaining ingredients except oil into cooked pasta and shrimp.
- Pour into baking dish; spread evenly.
- Bake 10 to 15 minutes or until hot.
- Sprinkle with oil; toss. Top with remaining cheese.

Nutrition Facts



Properties

Glycemic Index:20.2, Glycemic Load:9.12, Inflammation Score:-8, Nutrition Score:16.684347862783%

Flavonoids

Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 373.69kcal (18.68%), Fat: 19.03g (29.28%), Saturated Fat: 8.16g (51.02%), Carbohydrates: 25.47g (8.49%), Net Carbohydrates: 23.03g (8.38%), Sugar: 3.31g (3.68%), Cholesterol: 189.54mg (63.18%), Sodium: 750.02mg

(32.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.25g (52.49%), Vitamin C: 38.26mg (46.37%), Vitamin K: 39.46µg (37.58%), Phosphorus: 336.64mg (33.66%), Selenium: 21.48µg (30.68%), Vitamin A: 1322.66IU (26.45%), Copper: 0.49mg (24.68%), Manganese: 0.49mg (24.35%), Calcium: 230.48mg (23.05%), Magnesium: 67.03mg (16.76%), Zinc: 2.46mg (16.41%), Vitamin B2: 0.25mg (14.92%), Iron: 2.6mg (14.44%), Vitamin B6: 0.25mg (12.37%), Potassium: 425.56mg (12.16%), Vitamin E: 1.5mg (10.01%), Fiber: 2.43g (9.73%), Folate: 31.3µg (7.82%), Vitamin B12: 0.38µg (6.39%), Vitamin B3: 1.1mg (5.49%), Vitamin B1: 0.08mg (5.31%), Vitamin B5: 0.45mg (4.51%)