



## Mediterranean Pasta with Shrimp

READY IN



35 min.

SERVINGS



5

CALORIES



315 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

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

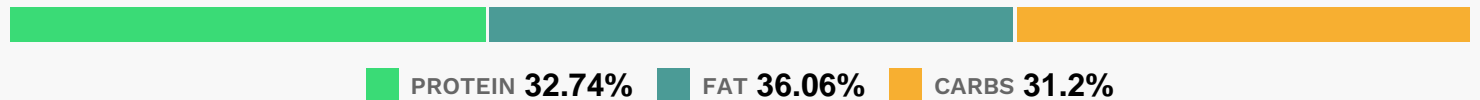
## Equipment

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

## Directions

- Heat oven to 350F. 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:26.6, Glycemic Load:9.2, Inflammation Score:-9, Nutrition Score:20.477825978528%

## Flavonoids

Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 1.09mg, Kaempferol: 1.09mg, Kaempferol: 1.09mg, Kaempferol: 1.09mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

## Nutrients (% of daily need)

Calories: 315.19kcal (15.76%), Fat: 12.74g (19.6%), Saturated Fat: 4.23g (26.42%), Carbohydrates: 24.81g (8.27%), Net Carbohydrates: 22.6g (8.22%), Sugar: 2.13g (2.37%), Cholesterol: 166.24mg (55.41%), Sodium: 755.78mg (32.86%),

Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 26.03g (52.05%), Vitamin K: 94.18µg (89.7%), Vitamin A: 2659.12IU (53.18%), Vitamin C: 42.92mg (52.03%), Phosphorus: 340.59mg (34.06%), Selenium: 21.6µg (30.86%), Manganese: 0.48mg (24.14%), Copper: 0.48mg (24.1%), Calcium: 199.57mg (19.96%), Magnesium: 69.1mg (17.27%), Zinc: 2.44mg (16.25%), Vitamin B2: 0.27mg (15.68%), Folate: 59.34µg (14.83%), Potassium: 478.4mg (13.67%), Vitamin B6: 0.26mg (12.95%), Vitamin E: 1.68mg (11.17%), Iron: 1.62mg (9.02%), Fiber: 2.2g (8.82%), Vitamin B12: 0.38µg (6.39%), Vitamin B1: 0.09mg (6.11%), Vitamin B3: 1.14mg (5.71%), Vitamin B5: 0.45mg (4.49%)