



## Mediterranean Pasta with Shrimp and Capers

READY IN



45 min.

SERVINGS



5

CALORIES



448 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 5 cups angel hair hot cooked uncooked ( 10 ounces pasta)
- 0.3 teaspoon pepper black freshly ground
- 1 tablespoon capers
- 1.3 ounces feta cheese crumbled finely
- 4 garlic cloves minced
- 0.8 cup green onions sliced ( )
- 1 tablespoon olive oil
- 2 tablespoons teaspoons oregano dried fresh chopped
- 0.5 teaspoon salt

- 1 pound shrimp deveined peeled
- 2 pounds tomatoes chopped
- 1 tablespoon tomato paste

## Equipment

- bowl
- frying pan

## Directions

- Heat oil in a large nonstick skillet over medium-high heat.
- Add onions and garlic, and saut 2 minutes.
- Add tomato, and cook over medium heat 7 minutes.
- Add tomato paste, stirring well to combine.
- Add capers and salt; cook 15 minutes or until mixture begins to thicken. Stir in shrimp and oregano; cook 3 minutes or until shrimp are done.
- Combine shrimp mixture and pasta in a large bowl, tossing gently.
- Sprinkle with cheese and pepper.

## Nutrition Facts



**PROTEIN 27.73%** **FAT 12.79%** **CARBS 59.48%**

## Properties

Glycemic Index:50.2, Glycemic Load:25.14, Inflammation Score:-10, Nutrition Score:24.093478055104%

## Flavonoids

Naringenin: 1.23mg, Naringenin: 1.23mg, Naringenin: 1.23mg, Naringenin: 1.23mg Kaempferol: 2.47mg, Kaempferol: 2.47mg, Kaempferol: 2.47mg, Kaempferol: 2.47mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 5.46mg, Quercetin: 5.46mg, Quercetin: 5.46mg, Quercetin: 5.46mg

## Nutrients (% of daily need)

Calories: 448.47kcal (22.42%), Fat: 6.44g (9.91%), Saturated Fat: 1.73g (10.78%), Carbohydrates: 67.36g (22.45%), Net Carbohydrates: 61.28g (22.28%), Sugar: 7.63g (8.47%), Cholesterol: 152.36mg (50.79%), Sodium: 507.84mg (22.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.41g (62.82%), Selenium: 49.18µg (70.25%), Vitamin

K: 60.67µg (57.78%), Manganese: 1.11mg (55.74%), Phosphorus: 418.47mg (41.85%), Copper: 0.73mg (36.61%), Vitamin A: 1776.62IU (35.53%), Vitamin C: 29.24mg (35.44%), Potassium: 951.86mg (27.2%), Magnesium: 103.86mg (25.96%), Fiber: 6.08g (24.3%), Zinc: 2.95mg (19.69%), Calcium: 176.39mg (17.64%), Vitamin B6: 0.35mg (17.45%), Iron: 3.13mg (17.39%), Folate: 58.16µg (14.54%), Vitamin E: 2.08mg (13.87%), Vitamin B3: 2.72mg (13.61%), Vitamin B1: 0.16mg (10.96%), Vitamin B2: 0.17mg (10.11%), Vitamin B5: 0.6mg (6.04%), Vitamin B12: 0.12µg (2%)