



Mediterranean Shrimp and Pasta

READY IN



45 min.

SERVINGS



4

CALORIES



442 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons capers drained
- ☐ 4 cups angel hair pasta hot cooked uncooked (8 ounces pasta)
- ☐ 2 ounces feta cheese crumbled
- ☐ 0.3 cup basil fresh thinly sliced
- ☐ 2 garlic cloves minced
- ☐ 0.3 cup kalamata olives pitted chopped
- ☐ 2 teaspoons olive oil
- ☐ 2 cups plum tomatoes chopped

☐ 1 pound shrimp deveined peeled

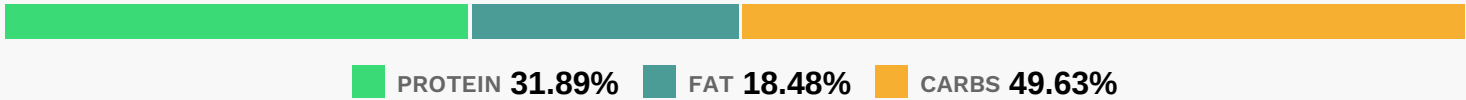
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat olive oil in a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add garlic; saut 30 seconds.
- ☐ Add shrimp; saut 1 minute.
- ☐ Add tomato and basil; reduce heat, and simmer 3 minutes or until tomato is tender. Stir in kalamata olives, capers, and black pepper.
- ☐ Combine shrimp mixture and pasta in a large bowl; toss well. Top with cheese.

Nutrition Facts



Properties

Glycemic Index:61.38, Glycemic Load:23.72, Inflammation Score:-8, Nutrition Score:18.334347916686%

Flavonoids

Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 5.36mg, Kaempferol: 5.36mg, Kaempferol: 5.36mg, Kaempferol: 5.36mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 7.61mg, Quercetin: 7.61mg, Quercetin: 7.61mg, Quercetin: 7.61mg

Nutrients (% of daily need)

Calories: 441.9kcal (22.1%), Fat: 9.1g (14.01%), Saturated Fat: 2.83g (17.67%), Carbohydrates: 55g (18.33%), Net Carbohydrates: 50.16g (18.24%), Sugar: 4.09g (4.55%), Cholesterol: 195.19mg (65.06%), Sodium: 590.67mg (25.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.35g (70.7%), Selenium: 44.08µg (62.97%), Phosphorus: 414.36mg (41.44%), Manganese: 0.74mg (37.24%), Copper: 0.72mg (35.78%), Vitamin A: 1174.88IU (23.5%), Magnesium: 87.85mg (21.96%), Vitamin C: 17.12mg (20.75%), Zinc: 2.98mg (19.87%), Fiber: 4.84g (19.36%), Potassium: 676.26mg (19.32%), Iron: 3.24mg (17.98%), Calcium: 178.7mg (17.87%), Vitamin K: 18.4µg (17.52%), Vitamin B6: 0.26mg (12.88%), Vitamin B2: 0.18mg (10.76%), Vitamin E: 1.53mg (10.17%), Folate: 35.65µg (8.91%), Vitamin B3: 1.55mg (7.76%), Vitamin B1: 0.1mg (6.92%), Vitamin B5: 0.44mg (4.36%), Vitamin B12: 0.24µg (3.99%)