



Mediterranean Shrimp-and-Pasta Salad

READY IN



45 min.

SERVINGS



5

CALORIES



425 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup arugula trimmed
- ☐ 2 bay leaves
- ☐ 1 cup bell pepper strips yellow
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 4 cups pasta uncooked
- ☐ 1 teaspoon dijon mustard
- ☐ 3 ounces feta cheese crumbled
- ☐ 3 tablespoons basil fresh chopped

- ☐ 3 tablespoons parsley fresh chopped
- ☐ 0.3 teaspoon kosher salt
- ☐ 0.8 teaspoon kosher salt
- ☐ 0.3 cup juice of lemon fresh
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 tablespoon oregano fresh chopped
- ☐ 0.5 cup onion red vertically sliced
- ☐ 2 tablespoons sherry vinegar
- ☐ 1 pound shrimp
- ☐ 6 cups water
- ☐ 1 cup zucchini halved lengthwise thinly sliced

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ To prepare vinaigrette, combine first 6 ingredients in a small bowl; stir with a whisk. Set aside.
- ☐ To prepare salad, combine water and bay leaves in a large saucepan; bring to a boil.
- ☐ Add shrimp; cook 3 minutes or until done.
- ☐ Drain and rinse with cold water. Discard the bay leaves. Peel shrimp; sprinkle with 1/4 teaspoon salt and 1/4 teaspoon black pepper. Cover and chill.
- ☐ Cook pasta according to package directions, omitting salt and fat; drain and rinse under cold water.
- ☐ Combine shrimp, pasta, arugula, and remaining ingredients in a large bowl.
- ☐ Drizzle vinaigrette over salad, and toss gently to coat.

Nutrition Facts



 **PROTEIN 26.3%**  **FAT 33.64%**  **CARBS 40.06%**

Properties

Glycemic Index:69.2, Glycemic Load:15.11, Inflammation Score:-9, Nutrition Score:20.987825857556%

Flavonoids

Eriodictyol: 0.6mg, Eriodictyol: 0.6mg, Eriodictyol: 0.6mg, Eriodictyol: 0.6mg Hesperetin: 1.77mg, Hesperetin: 1.77mg, Hesperetin: 1.77mg, Hesperetin: 1.77mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 5.18mg, Apigenin: 5.18mg, Apigenin: 5.18mg, Apigenin: 5.18mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 0.97mg, Isorhamnetin: 0.97mg, Isorhamnetin: 0.97mg, Isorhamnetin: 0.97mg Kaempferol: 1.54mg, Kaempferol: 1.54mg, Kaempferol: 1.54mg, Kaempferol: 1.54mg Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg

Nutrients (% of daily need)

Calories: 424.5kcal (21.23%), Fat: 15.97g (24.58%), Saturated Fat: 4.05g (25.31%), Carbohydrates: 42.8g (14.27%), Net Carbohydrates: 39.72g (14.45%), Sugar: 3.05g (3.39%), Cholesterol: 161.2mg (53.73%), Sodium: 801.87mg (34.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.11g (56.21%), Vitamin C: 69.11mg (83.77%), Vitamin K: 63.41µg (60.39%), Selenium: 33.54µg (47.91%), Phosphorus: 372.08mg (37.21%), Manganese: 0.71mg (35.29%), Copper: 0.62mg (31.05%), Magnesium: 81.48mg (20.37%), Calcium: 203.03mg (20.3%), Zinc: 2.67mg (17.8%), Potassium: 573.35mg (16.38%), Vitamin B6: 0.28mg (13.76%), Vitamin B2: 0.22mg (13.1%), Vitamin E: 1.92mg (12.83%), Iron: 2.25mg (12.47%), Fiber: 3.08g (12.31%), Vitamin A: 564.26IU (11.29%), Folate: 44.17µg (11.04%), Vitamin B3: 1.5mg (7.51%), Vitamin B1: 0.11mg (7.16%), Vitamin B5: 0.55mg (5.54%), Vitamin B12: 0.29µg (4.79%)