



Mediterranean Shrimp with Angel Hair Pasta

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



396 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 oz angel hair pasta uncooked
- ☐ 0.5 cup olive oil with olive oil & sea salt flakes®
- ☐ 0.5 cup onion chopped
- ☐ 4 cloves garlic finely chopped
- ☐ 3 tablespoons sun-dried tomatoes drained in oil
- ☐ 1 teaspoon oregano dried
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 0.3 teaspoon salt

- ☐ 3 teaspoons capers drained
- ☐ 1 lb shrimp deveined uncooked peeled
- ☐ 2 juice of lemon

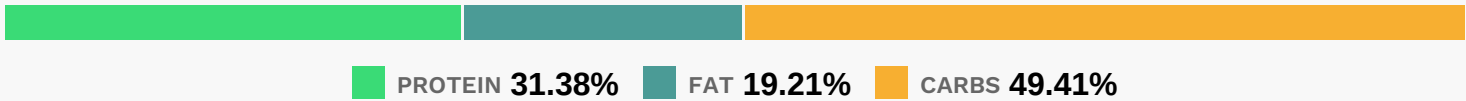
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Cook pasta as directed on package; drain, reserving 1/2 cup cooking water. Return pasta to saucepan; cover to keep warm.
- ☐ Meanwhile, in large skillet, melt butter over medium heat. Cook onion and garlic in butter about 5 minutes, stirring frequently, until onion has softened.
- ☐ Add sun-dried tomatoes, oregano, pepper flakes, salt and capers. Cook 3 minutes longer.
- ☐ Stir in shrimp. Cover; cook until shrimp just turn pink, about 5 minutes. Stir in lemon juice. Gradually stir in reserved pasta cooking water.
- ☐ Add pasta to skillet; toss with shrimp and sauce.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:17.72, Inflammation Score:-7, Nutrition Score:14.389565239782%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 2.11mg, Kaempferol: 2.11mg, Kaempferol: 2.11mg, Kaempferol: 2.11mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 6.76mg, Quercetin: 6.76mg, Quercetin: 6.76mg, Quercetin: 6.76mg

Nutrients (% of daily need)

Calories: 395.89kcal (19.79%), Fat: 8.52g (13.11%), Saturated Fat: 1.26g (7.86%), Carbohydrates: 49.3g (16.43%), Net Carbohydrates: 46.09g (16.76%), Sugar: 2.81g (3.12%), Cholesterol: 182.57mg (60.86%), Sodium: 358.47mg (15.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.31g (62.62%), Selenium: 36.77µg (52.53%), Phosphorus: 378.1mg (37.81%), Manganese: 0.72mg (35.77%), Copper: 0.69mg (34.45%), Vitamin C: 19.59mg (23.74%), Magnesium: 84.41mg (21.1%), Potassium: 665.47mg (19.01%), Zinc: 2.51mg (16.71%), Fiber: 3.21g (12.84%), Iron: 1.99mg (11.06%), Calcium: 109.77mg (10.98%), Vitamin B6: 0.19mg (9.61%), Vitamin B3: 1.47mg (7.36%), Vitamin E: 1.02mg (6.81%), Vitamin K: 7.05µg (6.71%), Vitamin B1: 0.09mg (6.18%), Vitamin B2: 0.09mg (5.49%), Folate: 21.21µg (5.3%), Vitamin A: 191.83IU (3.84%), Vitamin B5: 0.37mg (3.66%)