



## Orecchiette with Peas, Shrimp, and Buttermilk-Herb Dressing

READY IN



30 min.

SERVINGS



4

CALORIES



347 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.3 teaspoon pepper black freshly ground
- 0.3 cup nonfat buttermilk fat-free
- 3 tablespoons chives fresh minced
- 1 tablespoon optional: dill fresh chopped
- 2 garlic clove minced
- 0.1 teaspoon ground pepper red
- 1 tablespoon juice of lemon fresh
- 0.5 teaspoon lemon zest grated

- 0.3 cup mayonnaise reduced-fat
- 8 ounces orecchiette uncooked
- 1 cup peas green frozen shelled ( 1 pound unshelled peas)
- 1 cup radishes thinly sliced
- 0.5 teaspoon salt
- 0.5 pound shrimp deveined peeled

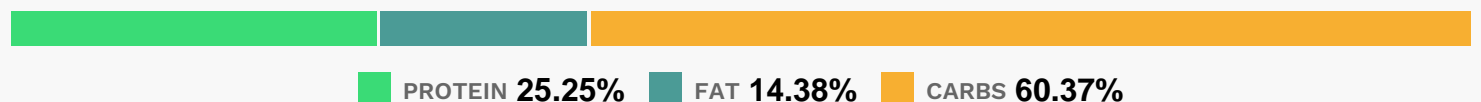
## Equipment

- bowl
- whisk

## Directions

- Cook pasta according to package directions, omitting salt and fat.
- Add peas and shrimp during last 2 minutes of cooking.
- Drain and rinse with cold water; drain.
- Combine pasta mixture and radishes in a large bowl.
- Combine mayonnaise and remaining ingredients in a small bowl; stir well with a whisk.
- Pour over pasta mixture, tossing to coat. Cover and let stand 20 minutes.
- Serve at room temperature, or cover and chill until ready to serve.
- Wine note: Sweet shrimp, peppery summer radishes, and the refreshing dill and buttermilk dressing all point to a wine with tangy acidity, fresh berry fruit, and a zip of citrus. The Fleur, Pinot Noir, Ros (2009, Carneros, Calif.; \$15)with its shocking bright-red hueis a hands-down crowd-pleaser and an excellent value.Alexander Spacher

## Nutrition Facts



## Properties

Glycemic Index:68.08, Glycemic Load:18.77, Inflammation Score:-6, Nutrition Score:14.606956481934%

## Flavonoids

Pelargonidin: 18.31mg, Pelargonidin: 18.31mg, Pelargonidin: 18.31mg, Pelargonidin: 18.31mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

## **Nutrients (% of daily need)**

Calories: 347kcal (17.35%), Fat: 5.51g (8.48%), Saturated Fat: 0.9g (5.65%), Carbohydrates: 52.08g (17.36%), Net Carbohydrates: 47.56g (17.3%), Sugar: 5.68g (6.31%), Cholesterol: 94.57mg (31.52%), Sodium: 543.14mg (23.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.79g (43.57%), Selenium: 37.4µg (53.42%), Manganese: 0.76mg (38.09%), Phosphorus: 280.62mg (28.06%), Vitamin C: 22.65mg (27.46%), Copper: 0.48mg (23.93%), Vitamin K: 24.52µg (23.35%), Fiber: 4.52g (18.08%), Magnesium: 67.08mg (16.77%), Zinc: 2.14mg (14.27%), Potassium: 458.59mg (13.1%), Folate: 45.19µg (11.3%), Vitamin B1: 0.16mg (10.58%), Iron: 1.78mg (9.9%), Vitamin B6: 0.19mg (9.43%), Vitamin B3: 1.83mg (9.17%), Vitamin A: 425.24IU (8.5%), Calcium: 73.93mg (7.39%), Vitamin B2: 0.1mg (5.84%), Vitamin E: 0.55mg (3.67%), Vitamin B5: 0.36mg (3.65%)