



Pasta Primavera with Shrimp

READY IN



45 min.

SERVINGS



6

CALORIES



275 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black
- 3 cups pasta tube-shaped uncooked (spiral pasta)
- 1.5 cups cherry tomatoes halved
- 4 ounces feta cheese crumbled
- 2 garlic cloves minced
- 1 tablespoon olive oil
- 1 tablespoon oregano fresh chopped
- 0.3 teaspoon salt
- 1 pound shrimp deveined peeled

- 4 cups torn spinach
- 2 cups sugar snap peas trimmed

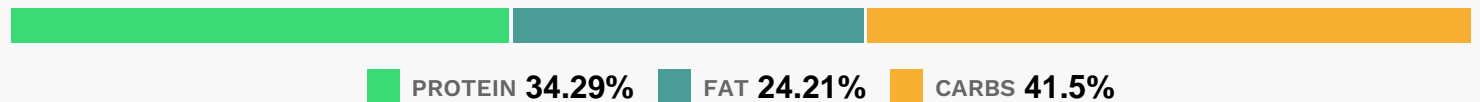
Equipment

- bowl
- frying pan

Directions

- Cook pasta in boiling water 6 minutes, omitting salt and fat.
- Add peas, and cook 2 minutes; drain.
- Heat oil in a medium nonstick skillet over medium-high heat.
- Add shrimp, oregano, salt, pepper, and garlic; saut 3 minutes or until shrimp are done.
- Combine pasta mixture, shrimp mixture, and remaining ingredients in a large bowl; toss well.

Nutrition Facts



Properties

Glycemic Index:28, Glycemic Load:9.41, Inflammation Score:-10, Nutrition Score:21.413478001304%

Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 1.28mg, Kaempferol: 1.28mg, Kaempferol: 1.28mg, Kaempferol: 1.28mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

Nutrients (% of daily need)

Calories: 275.2kcal (13.76%), Fat: 7.46g (11.48%), Saturated Fat: 3.04g (19.01%), Carbohydrates: 28.78g (9.59%), Net Carbohydrates: 25.87g (9.41%), Sugar: 3.16g (3.52%), Cholesterol: 138.53mg (46.18%), Sodium: 425.76mg (18.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.78g (47.56%), Vitamin K: 112.92µg (107.54%), Vitamin A: 2507.12IU (50.14%), Vitamin C: 34.04mg (41.27%), Manganese: 0.67mg (33.64%), Selenium: 22.59µg (32.28%), Phosphorus: 322.61mg (32.26%), Copper: 0.48mg (23.88%), Calcium: 201.37mg (20.14%), Magnesium: 75.59mg (18.9%), Folate: 70.83µg (17.71%), Potassium: 552mg (15.77%), Iron: 2.73mg (15.15%), Zinc: 2.26mg (15.08%), Vitamin B2: 0.26mg (15.02%), Vitamin B6: 0.26mg (13.24%), Fiber: 2.91g (11.63%), Vitamin B1: 0.14mg (9.18%), Vitamin E: 1.3mg (8.66%), Vitamin B3: 1.28mg (6.41%), Vitamin B5: 0.63mg (6.33%), Vitamin B12: 0.32µg (5.32%)