



Pasta Salad with Poached Shrimp and Lemon-Dill Dressing

 Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



428 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 cups cucumber diced english
- ☐ 1 cup optional: dill fresh chopped
- ☐ 1 pound fusilli
- ☐ 2 cups grape tomatoes halved
- ☐ 2 teaspoons honey
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 5 lemons halved

- ☐ 0.5 cup olive oil extra-virgin
- ☐ 1 pound shrimp deveined peeled

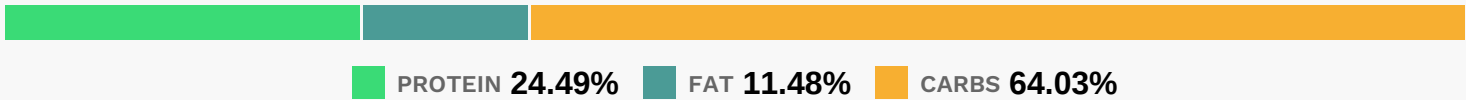
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ In a large bowl, whisk together the juice of 3 lemons, the honey and chopped dill. Slowly whisk in the olive oil until the dressing is emulsified. Season with salt and pepper. Reserve.
- ☐ Bring a large stockpot of water to a boil.
- ☐ Add the juice of the remaining 2 lemons, the dill stems and 1/2 cup salt.
- ☐ Add the shrimp and cook until opaque and cooked through, 3 to 4 minutes.
- ☐ Remove the shrimp using a slotted spoon and add to the dressing. Toss to coat.
- ☐ Bring the poaching liquid back up to a boil. Drop the pasta and cook until al dente, 9 to 10 minutes.
- ☐ Drain the pasta and run it under cold water until the pasta is cooled.
- ☐ Remove the dill stems.
- ☐ Add the pasta, grape tomatoes and cucumbers to the bowl with the shrimp and toss to combine. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:34.13, Glycemic Load:25.77, Inflammation Score:-8, Nutrition Score:19.973478275797%

Flavonoids

Eriodictyol: 19.22mg, Eriodictyol: 19.22mg, Eriodictyol: 19.22mg, Eriodictyol: 19.22mg Hesperetin: 25.11mg, Hesperetin: 25.11mg, Hesperetin: 25.11mg, Hesperetin: 25.11mg Naringenin: 0.83mg, Naringenin: 0.83mg, Naringenin: 0.83mg, Naringenin: 0.83mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 1.73mg, Luteolin: 1.73mg, Luteolin: 1.73mg, Luteolin: 1.73mg Isorhamnetin: 3.41mg, Isorhamnetin: 3.41mg, Isorhamnetin: 3.41mg, Isorhamnetin: 3.41mg Kaempferol: 1.16mg, Kaempferol: 1.16mg, Kaempferol: 1.16mg, Kaempferol: 1.16mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg

Nutrients (% of daily need)

Calories: 427.51kcal (21.38%), Fat: 5.63g (8.65%), Saturated Fat: 0.85g (5.32%), Carbohydrates: 70.56g (23.52%), Net Carbohydrates: 64.66g (23.51%), Sugar: 8.07g (8.97%), Cholesterol: 121.71mg (40.57%), Sodium: 104.44mg (4.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.99g (53.99%), Vitamin C: 62.15mg (75.33%), Selenium: 48.27µg (68.95%), Manganese: 0.94mg (47.14%), Phosphorus: 344.72mg (34.47%), Copper: 0.6mg (30.22%), Fiber: 5.9g (23.61%), Magnesium: 88.22mg (22.06%), Vitamin A: 1075.05IU (21.5%), Potassium: 721.42mg (20.61%), Zinc: 2.36mg (15.76%), Iron: 2.7mg (15.02%), Vitamin B6: 0.25mg (12.41%), Calcium: 115.08mg (11.51%), Vitamin K: 12.02µg (11.44%), Folate: 45.2µg (11.3%), Vitamin B3: 1.83mg (9.16%), Vitamin B1: 0.14mg (9.1%), Vitamin E: 1.02mg (6.77%), Vitamin B5: 0.66mg (6.65%), Vitamin B2: 0.11mg (6.38%)