



## Pasta Salad with Shrimp and Basil

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



211 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 0.3 cup teaspoons basil dried fresh chopped
- ☐ 0.5 teaspoon pepper black
- ☐ 1 garlic clove minced
- ☐ 0.5 cup bell pepper green chopped
- ☐ 0.3 cup juice of lemon fresh
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 4 cups seashell pasta cooked uncooked ( 2 cups pasta)
- ☐ 1 pound plum tomatoes chopped

- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup shallots chopped
- ☐ 1 pound shrimp cooked peeled

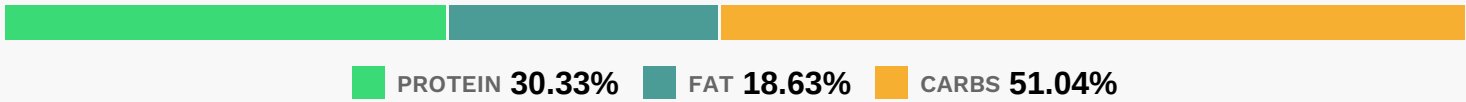
## Equipment

- ☐ bowl

## Directions

- ☐ Combine all ingredients in large bowl. Cover and refrigerate at least 8 hours.

## Nutrition Facts



## Properties

Glycemic Index:31.5, Glycemic Load:9.97, Inflammation Score:-5, Nutrition Score:9.3534783384074%

## Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

## Nutrients (% of daily need)

Calories: 211.11kcal (10.56%), Fat: 4.41g (6.79%), Saturated Fat: 0.65g (4.08%), Carbohydrates: 27.21g (9.07%), Net Carbohydrates: 25.09g (9.12%), Sugar: 3.36g (3.73%), Cholesterol: 91.29mg (30.43%), Sodium: 218.91mg (9.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.17g (32.34%), Selenium: 19.12µg (27.32%), Vitamin C: 20.03mg (24.28%), Manganese: 0.42mg (21.19%), Phosphorus: 199.95mg (19.99%), Copper: 0.36mg (18.1%), Potassium: 407.87mg (11.65%), Magnesium: 45.87mg (11.47%), Vitamin A: 547.95IU (10.96%), Vitamin K: 10.69µg (10.18%), Zinc: 1.34mg (8.92%), Fiber: 2.12g (8.47%), Vitamin B6: 0.15mg (7.26%), Vitamin E: 0.9mg (6.02%), Iron: 1.03mg (5.72%), Calcium: 55.22mg (5.52%), Folate: 19.93µg (4.98%), Vitamin B3: 0.93mg (4.63%), Vitamin B1: 0.06mg (4.09%), Vitamin B5: 0.23mg (2.29%), Vitamin B2: 0.04mg (2.09%)