



Pasta Shells with Shrimp and Garlicky Bread Crumbs

READY IN



45 min.

SERVINGS



4

CALORIES



683 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 teaspoon anchovy paste
- 1.5 cups bread crumbs fresh
- 2.5 cups salad leaves curly endive shredded
- 2 cloves garlic minced
- 4 servings fresh-ground pepper black
- 3 tablespoons juice of lemon
- 2 tablespoons olive oil
- 0.3 cup parmesan grated

- 0.8 pound shells
- 4 servings salt
- 1 pound shrimp shelled halved lengthwise
- 0.8 teaspoon worcestershire sauce

Equipment

- bowl
- frying pan
- whisk
- pot

Directions

- In a medium nonstick frying pan, heat the 2 tablespoons oil over moderate heat.
- Add the bread crumbs, garlic, and 1/8 teaspoon each of salt and pepper and cook, stirring frequently, until golden, about 5 minutes.
- In a large pot of boiling, salted water, cook the pasta shells until almost done, about 10 minutes.
- Add the shrimp to the pot and cook, stirring occasionally, until both the shrimp and the pasta shells are done, 2 to 3 minutes longer.
- Drain thoroughly.
- In a large glass or stainless-steel bowl, whisk together the lemon juice, anchovy paste, Worcestershire sauce, and 1/4 teaspoon each of salt and pepper.
- Add the remaining 1/2 cup oil slowly, whisking.
- Add the pasta and shrimp, the curly endive, and the 1/3 cup Parmesan to the dressing and toss.
- Serve the salad warm or at room temperature, topped with the garlic bread crumbs and the remaining 2 tablespoons Parmesan.
- Wine Recommendation: There's a reason pinot grigio is so popular: It goes well with multiple- and strong-flavored food such as this. Full-bodied, yet fresh and tart, pinot grigio works with salads; its soft apple and nut notes are perfect foils for garlic and Parmesan.

Nutrition Facts

PROTEIN 25.58% FAT 17.83% CARBS 56.59%

Properties

Glycemic Index:32.75, Glycemic Load:25.75, Inflammation Score:-9, Nutrition Score:30.522608764794%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg

Nutrients (% of daily need)

Calories: 682.6kcal (34.13%), Fat: 13.44g (20.67%), Saturated Fat: 3.23g (20.21%), Carbohydrates: 95.95g (31.98%), Net Carbohydrates: 90.06g (32.75%), Sugar: 5.48g (6.09%), Cholesterol: 189.51mg (63.17%), Sodium: 848.06mg (36.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.38g (86.76%), Selenium: 67.18µg (95.97%), Vitamin K: 100.5µg (95.71%), Manganese: 1.37mg (68.32%), Phosphorus: 550.57mg (55.06%), Copper: 0.9mg (45.12%), Vitamin A: 1854.49IU (37.09%), Vitamin B1: 0.5mg (33.2%), Calcium: 303.17mg (30.32%), Magnesium: 117.63mg (29.41%), Zinc: 3.73mg (24.87%), Folate: 96.2µg (24.05%), Fiber: 5.88g (23.54%), Iron: 4.22mg (23.42%), Vitamin B3: 4.64mg (23.2%), Potassium: 743.53mg (21.24%), Vitamin B2: 0.28mg (16.68%), Vitamin C: 12.47mg (15.11%), Vitamin E: 1.93mg (12.86%), Vitamin B6: 0.24mg (11.86%), Vitamin B5: 1.03mg (10.29%), Vitamin B12: 0.25µg (4.25%)