



Pasta Tossed with Shrimp, Vegetables, and Pesto

READY IN



45 min.

SERVINGS



6

CALORIES



255 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 1.5 cups cherry tomatoes halved
- ☐ 4 cups farfalle pasta hot cooked uncooked (3 cups bow tie pasta)
- ☐ 0.5 cup less-sodium chicken broth fat-free
- ☐ 1 ounce feta cheese crumbled
- ☐ 1 tablespoon juice of lemon
- ☐ 2 teaspoons olive oil
- ☐ 0.3 cup classic pesto

- ☐ 0.5 teaspoon salt
- ☐ 0.8 pound shrimp deveined peeled
- ☐ 1.5 cups snow peas diagonally sliced
- ☐ 1.5 cups julienne-cut squash yellow

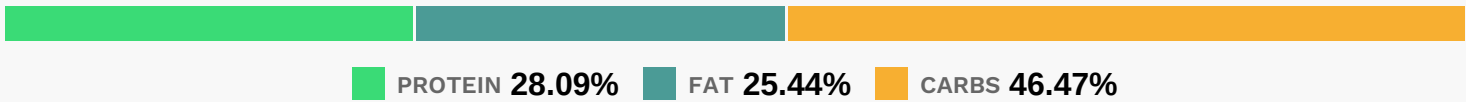
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Bring water to a boil in a saucepan; add snow peas and squash. Cook 45 seconds or until crisp-tender; drain.
- ☐ Heat oil in a large nonstick skillet over medium heat.
- ☐ Add shrimp; cook 3 minutes or until done.
- ☐ Add snow pea mixture and broth. Cover and cook 30 seconds or until thoroughly heated.
- ☐ Combine shrimp mixture, pasta, and remaining ingredients in a large bowl; toss well.

Nutrition Facts



Properties

Glycemic Index:17.92, Glycemic Load:9.73, Inflammation Score:-10, Nutrition Score:15.017391220383%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 255.14kcal (12.76%), Fat: 7.26g (11.18%), Saturated Fat: 1.68g (10.47%), Carbohydrates: 29.86g (9.95%), Net Carbohydrates: 26.84g (9.76%), Sugar: 3.48g (3.87%), Cholesterol: 96.32mg (32.11%), Sodium: 496.34mg (21.58%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.05g (36.1%), Vitamin A: 4397.6IU (87.95%), Vitamin C: 31.51mg (38.19%), Selenium: 19.79µg (28.27%), Phosphorus: 214.4mg (21.44%), Manganese: 0.42mg (20.95%), Copper: 0.37mg (18.45%), Magnesium: 54.65mg (13.66%), Iron: 2.31mg (12.86%), Potassium: 445.09mg (12.72%), Fiber: 3.02g (12.07%), Calcium: 113.68mg (11.37%), Zinc: 1.42mg (9.49%), Vitamin B6: 0.18mg (9.01%), Vitamin K: 8.51µg (8.1%), Folate: 31.6µg (7.9%), Vitamin B1: 0.11mg (7.21%), Vitamin E: 1.05mg (7.03%), Vitamin B3: 1.2mg (5.97%), Vitamin B2: 0.09mg (5.46%), Vitamin B5: 0.52mg (5.21%), Vitamin B12: 0.12µg (1.96%)