



Pasta with Shrimp

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



389 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 pound asparagus fresh
- ☐ 1.5 cups basil leaves
- ☐ 0.3 teaspoon pepper black
- ☐ 1 teaspoon creole seasoning
- ☐ 3 garlic cloves
- ☐ 0.3 cup juice of lemon
- ☐ 0.5 cup olive oil
- ☐ 0.3 teaspoon pepper dried red crushed

- ☐ 2 teaspoons salt
- ☐ 1 pound shrimp fresh unpeeled
- ☐ 8 ounces pasta like spaghetti uncooked
- ☐ 3 cups water

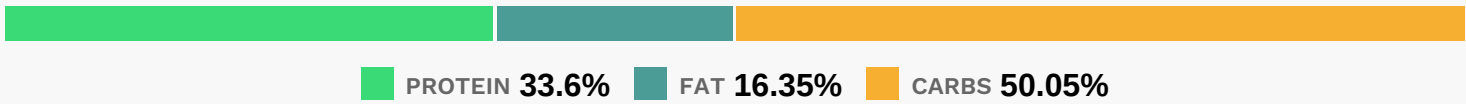
Equipment

- ☐ food processor
- ☐ bowl
- ☐ blender

Directions

- ☐ Bring 3 cups water to a boil; add shrimp and Creole seasoning, and cook 3 minutes or just until shrimp turn pink.
- ☐ Drain and rinse with cold water.
- ☐ Peel shrimp, and devein, if desired; set aside.
- ☐ Snap off tough ends of asparagus; cut asparagus into 2-inch pieces.
- ☐ Cook spaghetti according to package directions, adding asparagus the last 5 minutes.
- ☐ Drain, rinse, and set aside.
- ☐ Process basil and next 5 ingredients in a blender or food processor until smooth, stopping to scrape down sides.
- ☐ Combine shrimp, pasta, and asparagus in a large bowl; drizzle mixture with dressing, tossing gently to coat.
- ☐ Sprinkle with crushed red pepper.

Nutrition Facts



Properties

Glycemic Index:59.5, Glycemic Load:18, Inflammation Score:-8, Nutrition Score:23.470869478972%

Flavonoids

Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 15.97mg, Quercetin: 15.97mg, Quercetin: 15.97mg, Quercetin: 15.97mg

Nutrients (% of daily need)

Calories: 389.31kcal (19.47%), Fat: 7.2g (11.07%), Saturated Fat: 1.1g (6.86%), Carbohydrates: 49.55g (16.52%), Net Carbohydrates: 44.89g (16.32%), Sugar: 4.27g (4.74%), Cholesterol: 182.57mg (60.86%), Sodium: 1315.5mg (57.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.27g (66.54%), Vitamin K: 88.61µg (84.39%), Selenium: 38.89µg (55.55%), Manganese: 0.91mg (45.55%), Copper: 0.9mg (45.01%), Phosphorus: 420.95mg (42.09%), Vitamin A: 1579.26IU (31.59%), Magnesium: 96.12mg (24.03%), Iron: 4.21mg (23.37%), Potassium: 725.85mg (20.74%), Zinc: 3.08mg (20.54%), Vitamin C: 16.92mg (20.51%), Folate: 80.01µg (20%), Fiber: 4.66g (18.64%), Vitamin E: 2.42mg (16.16%), Vitamin B1: 0.23mg (15.18%), Calcium: 140.72mg (14.07%), Vitamin B6: 0.25mg (12.51%), Vitamin B2: 0.21mg (12.49%), Vitamin B3: 2.25mg (11.24%), Vitamin B5: 0.62mg (6.17%)