



Pasta With Shrimp and Peas

 Dairy Free

READY IN



27 min.

SERVINGS



4

CALORIES



407 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 8 ounces capellini pasta
- 8 ounce bottled clam juice
- 0.5 teaspoon pepper red crushed
- 0.3 cup parsley fresh chopped
- 3 garlic cloves minced
- 3 tablespoons juice of lemon
- 2 teaspoons lemon zest grated
- 1 tablespoon olive oil

- 10 ounce peas green frozen
- 0.5 teaspoon salt
- 12 ounces shrimp deveined peeled

Equipment

- frying pan
- pot

Directions

- Heat oil in a skillet over medium heat.
- Add garlic and red pepper; cook 1 minute.
- Add clam juice and salt; bring to boil. Reduce to simmer; cover and cook 5 minutes.
- Bring a pot of water to a boil. Cook pasta according to package directions; drain.
- Add shrimp, peas, and zest to skillet. Cover and cook 6 minutes or until shrimp are just cooked through. Toss with pasta, lemon juice, and parsley.

Nutrition Facts



Properties

Glycemic Index:37.08, Glycemic Load:20.01, Inflammation Score:-8, Nutrition Score:23.346956492766%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg 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: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.78mg, Myricetin: 0.78mg, Myricetin: 0.78mg, Myricetin: 0.78mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 407.01kcal (20.35%), Fat: 5.3g (8.16%), Saturated Fat: 0.8g (4.97%), Carbohydrates: 60.87g (20.29%), Net Carbohydrates: 54.35g (19.76%), Sugar: 7.82g (8.69%), Cholesterol: 136.93mg (45.64%), Sodium: 611.61mg (26.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.05g (58.1%), Vitamin K: 102.04µg (97.18%), Selenium: 37.73µg (53.9%), Vitamin C: 44.18mg (53.55%), Manganese: 0.91mg (45.43%), Phosphorus: 380.06mg (38.01%), Copper: 0.66mg (32.86%), Fiber: 6.52g (26.08%), Magnesium: 90.31mg (22.58%), Vitamin A: 1123.37IU (22.47%), Zinc: 2.96mg (19.75%), Potassium: 629.24mg (17.98%), Folate: 70.93µg (17.73%), Vitamin B1: 0.26mg (17.61%), Iron: 2.74mg (15.2%), Vitamin B6: 0.28mg (13.97%), Vitamin B3: 2.7mg (13.5%), Calcium: 102.62mg (10.26%), Vitamin B2: 0.15mg (8.62%), Vitamin E: 0.87mg (5.83%), Vitamin B5: 0.42mg (4.19%)