



Pasta with Shrimp and Veggies

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



452 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 ounces bow-tie pasta
- ☐ 14.5 oz canned tomatoes diced drained canned
- ☐ 7 oz whole-kernel corn drained canned
- ☐ 0.5 pound green beans cut into 1 1/2-inch-long pieces
- ☐ 2 tablespoons olive oil
- ☐ 4 servings salt and pepper
- ☐ 1 pound shrimp deveined peeled

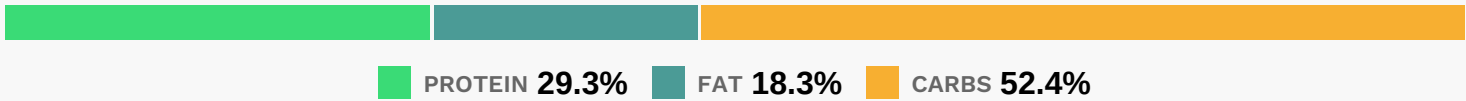
Equipment

- ☐ sauce pan
- ☐ pot

Directions

- ☐ Prepare pasta according to package directions; add green beans to pot 3 minutes before pasta will be ready.
- ☐ Bring a large pot of salted water to a boil over high heat.
- ☐ Add shrimp and return to a boil. Boil for 1 minute and then drain.
- ☐ Combine shrimp, tomatoes and corn in a medium saucepan.
- ☐ Add olive oil and season with salt and pepper. Bring mixture to a simmer over medium heat. Cover, remove from heat and set aside until pasta and beans are done.
- ☐ Set aside 1 cup pasta cooking water and then drain pasta and beans. Toss pasta and beans with shrimp mixture; if pasta looks dry, add reserved water in 1/4-cup increments until desired consistency is reached. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:31.5, Glycemic Load:20.24, Inflammation Score:-7, Nutrition Score:20.840869405995%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg

Nutrients (% of daily need)

Calories: 452.32kcal (22.62%), Fat: 9.45g (14.54%), Saturated Fat: 1.43g (8.93%), Carbohydrates: 60.88g (20.29%), Net Carbohydrates: 54.59g (19.85%), Sugar: 10.09g (11.21%), Cholesterol: 182.57mg (60.86%), Sodium: 573.03mg (24.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.05g (68.09%), Selenium: 37.09µg (52.98%), Manganese: 0.92mg (46.25%), Phosphorus: 427.09mg (42.71%), Copper: 0.85mg (42.55%), Vitamin K: 34.1µg (32.47%), Magnesium: 110.92mg (27.73%), Potassium: 912.15mg (26.06%), Fiber: 6.29g (25.16%), Vitamin C: 17.17mg (20.81%), Zinc: 2.89mg (19.28%), Iron: 3.42mg (19.01%), Vitamin E: 2.63mg (17.55%), Vitamin B6: 0.33mg (16.65%), Vitamin B3: 3.13mg (15.66%), Folate: 60.63µg (15.16%), Calcium: 142.08mg (14.21%), Vitamin B1: 0.19mg (12.86%),

Vitamin A: 634.5IU (12.69%), Vitamin B2: 0.19mg (11.21%), Vitamin B5: 0.83mg (8.34%)