



Pasta with Shrimp, Sausage, and Corn

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



581 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 cups chicken broth
- 2 cups corn kernels frozen
- 1 bunch green onions sliced
- 12 ounces penne pasta uncooked
- 2 pounds shrimp deveined peeled
- 14 ounce sausage smoked low-fat

Equipment

- bowl

frying pan

Directions

- Cook pasta in boiling salted water according to package directions; drain.
- Transfer to a large serving bowl, set aside, and keep warm.
- Cook sausage in a large nonstick skillet 5 minutes or until browned. Stir in broth and corn. Bring to a boil; reduce heat and simmer 5 minutes or until corn is crisp-tender.
- Stir in shrimp; cover and cook 2 to 4 minutes or until shrimp are done.
- Remove from heat and stir in green onions. Toss shrimp mixture and pasta to combine.
- The Case for Wine: Carlos Kainz owns and manages Dulces Latin Bistro in Seattle, Washington, along with his wife, chef Julie Guerrero. "Kielbasa sausage dominates the flavors in this recipe. A good match is Voss Vineyards Shiraz Napa Valley (\$20). The Californian Syrah is opulent with notes of plum and licorice that marry well with Polish sausage."

Nutrition Facts

 **PROTEIN 32.87%**  **FAT 31.14%**  **CARBS 35.99%**

Properties

Glycemic Index:12.33, Glycemic Load:17.08, Inflammation Score:-3, Nutrition Score:18.260434741559%

Flavonoids

Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 580.59kcal (29.03%), Fat: 20.04g (30.82%), Saturated Fat: 6.55g (40.91%), Carbohydrates: 52.1g (17.37%), Net Carbohydrates: 49.09g (17.85%), Sugar: 4.37g (4.86%), Cholesterol: 291.96mg (97.32%), Sodium: 1147.59mg (49.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.59g (95.19%), Selenium: 45.16µg (64.52%), Phosphorus: 531.26mg (53.13%), Copper: 0.83mg (41.39%), Manganese: 0.7mg (34.95%), Zinc: 4.47mg (29.78%), Magnesium: 99.6mg (24.9%), Potassium: 747.92mg (21.37%), Vitamin B3: 3.84mg (19.19%), Vitamin B1: 0.26mg (17.46%), Vitamin B12: 1.01µg (16.91%), Vitamin B2: 0.24mg (14.38%), Iron: 2.45mg (13.59%), Calcium: 120.96mg (12.1%), Fiber: 3.01g (12.05%), Vitamin B6: 0.22mg (10.78%), Folate: 35.64µg (8.91%), Vitamin K: 8.34µg (7.94%), Vitamin B5: 0.74mg (7.4%), Vitamin D: 0.73µg (4.85%), Vitamin C: 1.63mg (1.97%), Vitamin A: 66.05IU (1.32%), Vitamin E: 0.16mg (1.1%)