



Pasta with Spinach, Nutmeg, and Shrimp

READY IN



45 min.

SERVINGS



6

CALORIES



384 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons butter divided
- ☐ 0.3 cup mirin dry
- ☐ 1 teaspoon lemon zest fresh finely grated
- ☐ 0.5 teaspoon nutmeg freshly grated
- ☐ 12 ounces penne pasta uncooked
- ☐ 0.5 teaspoon salt divided
- ☐ 1.5 pounds shrimp deveined peeled
- ☐ 10 ounce pkt spinach fresh

- ☐ 1 cup vegetable stock
- ☐ 2.5 cups onion sweet chopped

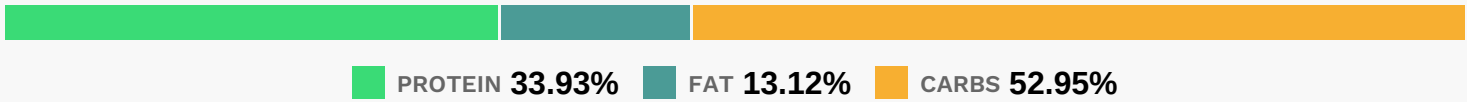
Equipment

- ☐ frying pan

Directions

- ☐ Prepare pasta according to package directions, omitting salt and fat.
- ☐ Drain well; return to pan. Stir in spinach; toss well until spinach wilts.
- ☐ Melt 1 tablespoon butter in a large nonstick skillet over medium-high heat.
- ☐ Add shrimp.
- ☐ Sprinkle with 1/4 teaspoon salt; saut 2 minutes or until shrimp are done.
- ☐ Remove shrimp from pan; set aside. Melt 1 tablespoon butter in pan over medium heat.
- ☐ Add onion; cook 10 minutes or until tender, stirring often.
- ☐ Stir in broth, vermouh, and rind. Increase heat to medium-high; cook 8 minutes or until mixture begins to thicken. Reduce heat to medium.
- ☐ Add cheese; stir until well blended. Stir in 1/4 teaspoon salt, nutmeg, and pepper; remove from heat.
- ☐ Add shrimp and onion mixture to pasta mixture; toss to combine.

Nutrition Facts



Properties

Glycemic Index:45.17, Glycemic Load:17.51, Inflammation Score:-10, Nutrition Score:25.300869293835%

Flavonoids

Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 3.77mg, Kaempferol: 3.77mg, Kaempferol: 3.77mg, Kaempferol: 3.77mg Myricetin: 0.93mg, Myricetin: 0.93mg, Myricetin: 0.93mg Quercetin: 11.56mg, Quercetin: 11.56mg, Quercetin: 11.56mg, Quercetin: 11.56mg

Nutrients (% of daily need)

Calories: 383.6kcal (19.18%), Fat: 5.52g (8.49%), Saturated Fat: 2.74g (17.15%), Carbohydrates: 50.15g (16.72%), Net Carbohydrates: 46.61g (16.95%), Sugar: 5.46g (6.06%), Cholesterol: 192.6mg (64.2%), Sodium: 561.53mg (24.41%), Alcohol: 0.95g (100%), Alcohol %: 0.36% (100%), Protein: 32.14g (64.28%), Vitamin K: 228.93µg (218.03%), Vitamin A: 4632.06IU (92.64%), Selenium: 36.7µg (52.42%), Manganese: 1.05mg (52.39%), Phosphorus: 392.63mg (39.26%), Copper: 0.71mg (35.46%), Folate: 117.53µg (29.38%), Magnesium: 113.66mg (28.42%), Potassium: 772.18mg (22.06%), Vitamin C: 16.91mg (20.5%), Zinc: 2.67mg (17.77%), Iron: 2.8mg (15.55%), Calcium: 146.95mg (14.7%), Fiber: 3.54g (14.18%), Vitamin B6: 0.26mg (13.03%), Vitamin B2: 0.14mg (8.16%), Vitamin B1: 0.12mg (7.75%), Vitamin E: 1.14mg (7.63%), Vitamin B3: 1.4mg (7.01%), Vitamin B5: 0.35mg (3.48%)