



WHATSheATE



Peppery Pasta with Arugula and Shrimp

READY IN



45 min.

SERVINGS



4

CALORIES



390 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 5 ounce baby arugula fresh
- ☐ 1.3 teaspoons pepper black divided
- ☐ 1 tablespoon butter
- ☐ 0.8 cup fat-skimmed beef broth fat-free
- ☐ 1 tablespoon garlic fresh divided minced
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 8 ounces pasta uncooked
- ☐ 1 tablespoon olive oil
- ☐ 2 ounces pecorino cheese fresh shaved

- ☐ 0.5 teaspoon salt divided
- ☐ 2 tablespoons shallots minced
- ☐ 0.5 pound shrimp deveined peeled cut in half horizontally
- ☐ 4 quarts water

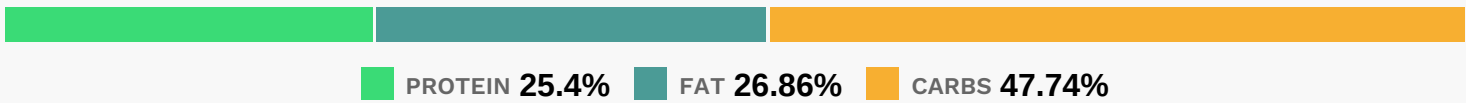
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Combine 2 teaspoons garlic, 1 teaspoon pepper, 1/4 teaspoon salt, and arugula in a large bowl; toss well.
- ☐ Bring 4 quarts water to a boil in a large Dutch oven.
- ☐ Add pasta; cook 10 minutes or until al dente; drain.
- ☐ Add hot pasta to arugula mixture, and toss well until arugula wilts.
- ☐ Heat oil in a large skillet over medium-high heat.
- ☐ Add shrimp, remaining 1/4 teaspoon salt, and remaining 1/4 teaspoon pepper; saut 1 minute.
- ☐ Add remaining 1 teaspoon garlic and shallots; saut 1 minute or until shrimp are done.
- ☐ Remove shrimp from pan.
- ☐ Add broth and juice to pan, scraping pan to loosen browned bits; cook 5 minutes or until liquid is reduced by half. Return shrimp to pan.
- ☐ Remove from heat; stir in butter.
- ☐ Arrange 1 1/2 cups pasta on each of 4 plates. Spoon 1/3 cup shrimp mixture over each serving. Top each serving with 2 tablespoons cheese.

Nutrition Facts



Properties

Glycemic Index:60.75, Glycemic Load:17.86, Inflammation Score:-7, Nutrition Score:17.039130344339%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Isorhamnetin: 1.52mg, Isorhamnetin: 1.52mg, Isorhamnetin: 1.52mg, Isorhamnetin: 1.52mg Kaempferol: 12.37mg, Kaempferol: 12.37mg, Kaempferol: 12.37mg, Kaempferol: 12.37mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg

Nutrients (% of daily need)

Calories: 389.8kcal (19.49%), Fat: 11.66g (17.94%), Saturated Fat: 4.97g (31.04%), Carbohydrates: 46.63g (15.54%), Net Carbohydrates: 43.86g (15.95%), Sugar: 3.02g (3.35%), Cholesterol: 113.55mg (37.85%), Sodium: 786.34mg (34.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.81g (49.63%), Selenium: 39.35µg (56.21%), Vitamin K: 42.44µg (40.42%), Manganese: 0.79mg (39.47%), Phosphorus: 367.82mg (36.78%), Copper: 0.6mg (29.82%), Calcium: 295.55mg (29.55%), Magnesium: 85.4mg (21.35%), Vitamin A: 991.46IU (19.83%), Zinc: 2.25mg (15.02%), Potassium: 473.53mg (13.53%), Folate: 49.47µg (12.37%), Vitamin C: 9.24mg (11.2%), Fiber: 2.76g (11.06%), Iron: 1.9mg (10.56%), Vitamin B6: 0.17mg (8.59%), Vitamin B2: 0.13mg (7.8%), Vitamin B3: 1.36mg (6.8%), Vitamin E: 0.85mg (5.69%), Vitamin B1: 0.08mg (5.63%), Vitamin B5: 0.56mg (5.59%), Vitamin B12: 0.25µg (4.16%)