



Pesto Shrimp Pasta

READY IN



23 min.

SERVINGS



4

CALORIES



320 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 ounces angel hair pasta uncooked
- ☐ 1 cup grape tomatoes halved
- ☐ 1 ounce parmesan fresh shaved
- ☐ 0.3 cup basil pesto divided
- ☐ 1.3 pounds shrimp deveined peeled
- ☐ 6 cups water

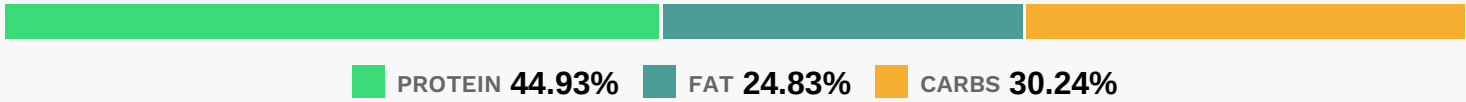
Equipment

- ☐ sauce pan

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat; drain.
- ☐ While pasta cooks, bring 6 cups water to a boil in a large saucepan.
- ☐ Add shrimp; cook 2 to 3 minutes or until done.
- ☐ Drain shrimp; toss with 2 tablespoons pesto and tomatoes. Stir in pasta and 2 tablespoons pesto. Top with cheese.
- ☐ Garnish with basil, if desired.

Nutrition Facts



Properties

Glycemic Index:26.75, Glycemic Load:8.95, Inflammation Score:0, Nutrition Score:11.032174052752%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 320.13kcal (16.01%), Fat: 8.79g (13.52%), Saturated Fat: 2.39g (14.92%), Carbohydrates: 24.09g (8.03%), Net Carbohydrates: 22.48g (8.18%), Sugar: 2.29g (2.54%), Cholesterol: 234.27mg (78.09%), Sodium: 448.45mg (19.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.79g (71.59%), Phosphorus: 415.05mg (41.5%), Copper: 0.72mg (35.86%), Selenium: 19.51µg (27.87%), Calcium: 219.91mg (21.99%), Magnesium: 75.4mg (18.85%), Manganese: 0.35mg (17.53%), Zinc: 2.59mg (17.29%), Potassium: 532.24mg (15.21%), Vitamin A: 678.13IU (13.56%), Iron: 1.35mg (7.52%), Fiber: 1.6g (6.41%), Vitamin C: 5.1mg (6.19%), Vitamin B6: 0.08mg (3.83%), Vitamin B3: 0.72mg (3.61%), Vitamin K: 3.09µg (2.94%), Folate: 11.19µg (2.8%), Vitamin B2: 0.05mg (2.8%), Vitamin B1: 0.04mg (2.8%), Vitamin B5: 0.19mg (1.87%), Vitamin E: 0.25mg (1.65%), Vitamin B12: 0.09µg (1.42%)