



Quick & Easy Shrimp Primavera

READY IN



25 min.

SERVINGS



25

CALORIES



52 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup d matchlike carrot sticks
- 2 cloves garlic minced
- 0.5 cup 1/2 cup kraft lite zesty italian dressing italian kraft
- 1 tsp lemon zest
- 2 Tbsp parmesan cheese grated kraft
- 1 large bell pepper red chopped
- 2 cups rotini pasta uncooked
- 1 lb shrimp deveined uncooked peeled
- 1 cup sugar snap peas

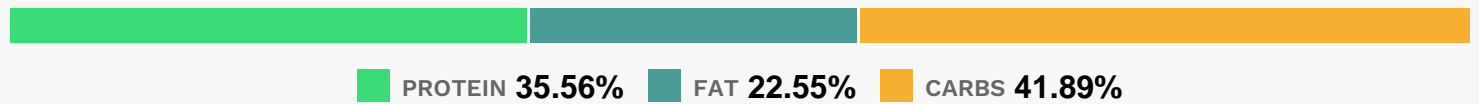
Equipment

frying pan

Directions

- Cook pasta as directed on package, omitting salt.
- Meanwhile, heat dressing in large skillet on medium heat.
- Add shrimp, vegetables and garlic; cook and stir 3 to 4 min. or until shrimp turn pink and vegetables are crisp-tender.
- Drain pasta; toss with shrimp mixture.
- Sprinkle with cheese and lemon zest.

Nutrition Facts



Properties

Glycemic Index:6.03, Glycemic Load:1.71, Inflammation Score:-6, Nutrition Score:3.6378260919743%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 52.04kcal (2.6%), Fat: 1.31g (2.02%), Saturated Fat: 0.24g (1.5%), Carbohydrates: 5.48g (1.83%), Net Carbohydrates: 4.93g (1.79%), Sugar: 1.32g (1.46%), Cholesterol: 29.56mg (9.85%), Sodium: 79.55mg (3.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.65g (9.3%), Vitamin A: 1108.56IU (22.17%), Vitamin C: 11.25mg (13.63%), Phosphorus: 57.09mg (5.71%), Selenium: 3.34µg (4.77%), Copper: 0.09mg (4.66%), Vitamin K: 4.63µg (4.4%), Manganese: 0.08mg (4%), Potassium: 102.44mg (2.93%), Magnesium: 11.68mg (2.92%), Zinc: 0.37mg (2.49%), Vitamin B6: 0.05mg (2.28%), Fiber: 0.55g (2.2%), Calcium: 21.14mg (2.11%), Vitamin E: 0.26mg (1.76%), Iron: 0.3mg (1.67%), Folate: 6.54µg (1.64%), Vitamin B1: 0.02mg (1.25%), Vitamin B3: 0.23mg (1.14%)