



Quick Garlic-Shrimp Pasta

READY IN



15 min.

SERVINGS



15

CALORIES



99 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cups broccoli florets
- 0.5 lb fettuccine barilla uncooked
- 0.5 cup seasons garlic & herb dressing mix good prepared
- 0.5 cup parmesan cheese shredded kraft
- 0.8 lb shrimp deveined uncooked cooked peeled

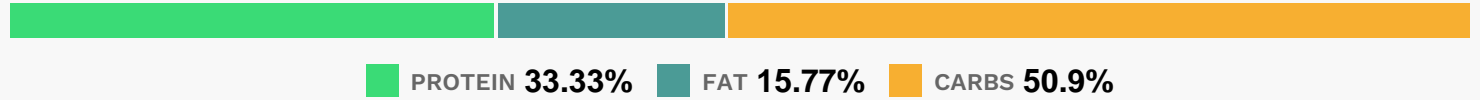
Equipment

- bowl
- sauce pan

Directions

- Cook pasta in large saucepan as directed on package, omitting the salt and adding the broccoli to the boiling water for the last 2 min.
- Drain pasta mixture; place in large bowl.
- Add remaining ingredients; mix lightly.

Nutrition Facts



Properties

Glycemic Index:7.2, Glycemic Load:4.73, Inflammation Score:-2, Nutrition Score:6.4017391217792%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 98.77kcal (4.94%), Fat: 1.76g (2.71%), Saturated Fat: 0.79g (4.92%), Carbohydrates: 12.79g (4.26%), Net Carbohydrates: 11.3g (4.11%), Sugar: 0.58g (0.65%), Cholesterol: 51.48mg (17.16%), Sodium: 87.97mg (3.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.38g (16.75%), Vitamin K: 22.46µg (21.39%), Selenium: 13.04µg (18.63%), Vitamin C: 10.86mg (13.16%), Manganese: 0.24mg (12.14%), Phosphorus: 118.48mg (11.85%), Calcium: 90.53mg (9.05%), Copper: 0.15mg (7.54%), Magnesium: 25.04mg (6.26%), Iron: 1.11mg (6.17%), Fiber: 1.49g (5.98%), Zinc: 0.78mg (5.19%), Potassium: 158.33mg (4.52%), Folate: 16.05µg (4.01%), Vitamin B6: 0.07mg (3.68%), Vitamin E: 0.45mg (3%), Vitamin B2: 0.05mg (2.78%), Vitamin A: 138.21IU (2.76%), Vitamin B1: 0.04mg (2.56%), Vitamin B3: 0.48mg (2.39%), Vitamin B5: 0.24mg (2.37%), Vitamin B12: 0.08µg (1.4%)