



Ribbony Shrimp and Pasta Scampi

 Dairy Free

READY IN

ready

30 min.

SERVINGS

servings

4

CALORIES

calories

388 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 1 cup cherry tomatoes halved
- ☐ 2 tablespoons chives fresh chopped
- ☐ 4 cloves garlic finely chopped
- ☐ 4 servings kosher salt
- ☐ 0.5 cup chicken broth low-sodium
- ☐ 2 tablespoons olive oil
- ☐ 1 pinch pepper flakes red crushed

- ☐ 1 pound shrimp deveined peeled
- ☐ 8 ounces pasta like spaghetti whole wheat
- ☐ 1 baby squash yellow
- ☐ 1 zucchini

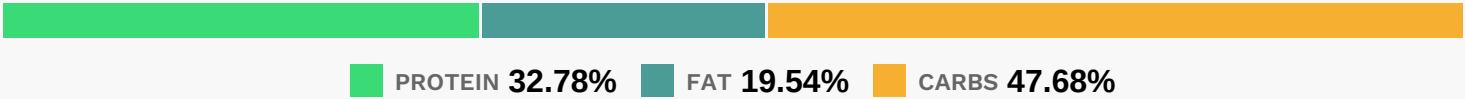
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ colander
- ☐ peeler

Directions

- ☐ Bring a large pot of salted water to a boil.
- ☐ Add the spaghetti and cook according to package directions for al dente.
- ☐ While the pasta cooks, trim the top and bottom off of each squash. Peel the squash in ribbons into a colander, using a vegetable peeler, turning the squash as you peel. Stop peeling the squash when you only have the center core of seeds left. Discard the core and seeds.
- ☐ Reserve 1/4 cup of the pasta water, and then drain the pasta over the squash ribbons. Put in a medium bowl and toss to evenly distribute the pasta with the squash ribbons.
- ☐ Toss the shrimp with 1/2 teaspoon kosher salt and some pepper.
- ☐ Heat 1 tablespoon oil in a large skillet over medium-high heat.
- ☐ Add the shrimp, spread into a single layer and cook without stirring, until just turning pink around the edges, about 2 minutes. Stir the shrimp, add the tomatoes, garlic and pepper flakes and continue to cook until the tomatoes have softened and the garlic has toasted, about 1 minute.
- ☐ Add the pasta and squash ribbons, broth and the remaining 1 tablespoon olive oil. Cook, tossing, until warmed through and most of the liquid has been absorbed.
- ☐ Add the pasta water a bit at a time, if needed, if the noodles seem dry.
- ☐ Season with additional salt and pepper. Divide among 4 bowls and top with the chives.

Nutrition Facts



Properties

Glycemic Index:38.5, Glycemic Load:0.81, Inflammation Score:-7, Nutrition Score:22.886521764424%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 388.42kcal (19.42%), Fat: 8.87g (13.64%), Saturated Fat: 1.35g (8.47%), Carbohydrates: 48.69g (16.23%), Net Carbohydrates: 47.26g (17.19%), Sugar: 3.33g (3.7%), Cholesterol: 182.57mg (60.86%), Sodium: 352.24mg (15.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.47g (66.94%), Manganese: 2.05mg (102.53%), Selenium: 42.22µg (60.32%), Phosphorus: 451.17mg (45.12%), Copper: 0.81mg (40.39%), Magnesium: 143.16mg (35.79%), Vitamin C: 27.4mg (33.21%), Potassium: 802.52mg (22.93%), Vitamin B1: 0.34mg (22.87%), Zinc: 3.29mg (21.93%), Vitamin B3: 4.01mg (20.03%), Vitamin B6: 0.39mg (19.28%), Iron: 3.45mg (19.14%), Folate: 64.82µg (16.2%), Vitamin B2: 0.22mg (12.89%), Calcium: 123.25mg (12.32%), Vitamin K: 12.27µg (11.69%), Vitamin A: 451.68IU (9.03%), Vitamin E: 1.35mg (9%), Vitamin B5: 0.81mg (8.06%), Fiber: 1.42g (5.7%)