



Rotelle and Shrimp with Yogurt Dill Dressing

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



219 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 cucumber diced peeled seeded
- ☐ 3 tablespoons optional: dill fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 0.3 teaspoon fresh-ground pepper black
- ☐ 1 jalapeno minced
- ☐ 0.3 teaspoon paprika
- ☐ 1.5 cups yogurt plain

- ☐ 1.5 teaspoons salt
- ☐ 3 scallions including tops green chopped
- ☐ 1 pound shrimp shelled
- ☐ 0.8 pound rotelle
- ☐ 0.8 pound rotelle

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ In a medium frying pan, melt the butter over moderate heat. Stir in the garlic and then the shrimp, 1/4 teaspoon of the salt, and the pepper. Cook, stirring, until the shrimp are just done, about 4 minutes.
- ☐ Remove from the pan and set aside to cool.
- ☐ In a large bowl, combine the yogurt, the mayonnaise, if using, the jalapeo, cucumber, dill, scallions, paprika, and the remaining 1 1/4 teaspoons salt.
- ☐ In a large pot of boiling, salted water, cook the rotelle until just done, about 12 minutes.
- ☐ Drain the pasta, rinse with cold water, and drain thoroughly. Toss with the yogurt sauce and the shrimp and garlic.
- ☐ Wine Recommendation: The acidity of the yogurt and the strong herbal qualities of the dill will pair well with a high-acid white wine such as a Muscadet de Svre-et-Maine from France. As an alternative, try a reasonably priced sparkling wine.
- ☐ Notes: Rinsing Pasta Never rinse pasta that you will be saucing and serving right away. Cooked pasta is covered with a thin layer of starch that helps the sauce cling to it. If you're making a salad, however, it's better to rinse this starch off to avoid gumminess when the pasta cools.

Nutrition Facts



 PROTEIN **48.34%**  FAT **38.22%**  CARBS **13.44%**

Properties

Glycemic Index:60, Glycemic Load:1.32, Inflammation Score:-5, Nutrition Score:10.42217399763%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg

Nutrients (% of daily need)

Calories: 218.55kcal (10.93%), Fat: 9.42g (14.5%), Saturated Fat: 5.66g (35.38%), Carbohydrates: 7.46g (2.49%), Net Carbohydrates: 6.49g (2.36%), Sugar: 5.7g (6.34%), Cholesterol: 209.56mg (69.85%), Sodium: 1097.86mg (47.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.82g (53.63%), Phosphorus: 354.71mg (35.47%), Copper: 0.52mg (26.11%), Vitamin K: 25.68µg (24.46%), Calcium: 207.54mg (20.75%), Potassium: 591.9mg (16.91%), Magnesium: 63.18mg (15.79%), Zinc: 2.26mg (15.1%), Vitamin C: 9.43mg (11.43%), Vitamin A: 532.89IU (10.66%), Vitamin B2: 0.17mg (9.74%), Manganese: 0.16mg (8.13%), Folate: 24.42µg (6.11%), Vitamin B12: 0.35µg (5.86%), Vitamin B5: 0.58mg (5.78%), Iron: 1.04mg (5.75%), Vitamin B6: 0.11mg (5.51%), Vitamin B1: 0.06mg (4.02%), Fiber: 0.97g (3.88%), Selenium: 2.46µg (3.52%), Vitamin E: 0.45mg (3.02%), Vitamin B3: 0.22mg (1.1%)