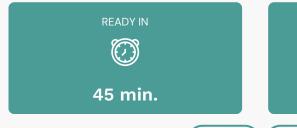


Rotelle and Shrimp with Yogurt Dill Dressing

Gluten Free







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 11/4 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

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, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 1.33mg, 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 %: O% (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 B1: 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%)