



Sautéed Shrimp and Pasta

READY IN



45 min.

SERVINGS



4

CALORIES



517 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 teaspoon basil dried
- 2 ounces feta cheese crumbled
- 0.3 cup parsley fresh chopped
- 2 garlic cloves minced
- 0.3 cup kalamata olives sliced
- 0.3 cup juice of lemon
- 8 ounces pasta uncooked
- 1 small onion chopped
- 1 teaspoon oregano dried

- 0.5 teaspoon pepper freshly ground
- 6 plum tomatoes peeled chopped
- 0.5 teaspoon salt
- 1 tablespoon sesame oil hot
- 2 pounds shrimp fresh unpeeled

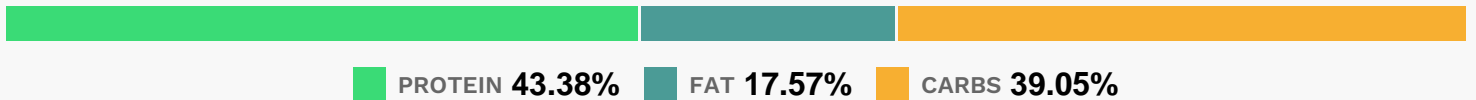
Equipment

- frying pan

Directions

- Cook linguine according to package directions; drain and keep warm.
- Peel shrimp, and devein, if desired.
- Saut onion and garlic in oil in a large skillet until tender. Stir in tomato and next 4 ingredients; cook, stirring constantly, 3 minutes.
- Add shrimp, and cook, stirring occasionally, 3 minutes or until shrimp turn pink. Stir in parsley, olives, and lemon juice; cook just until thoroughly heated.
- Serve over linguine; sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:58.25, Glycemic Load:18.69, Inflammation Score:-9, Nutrition Score:24.775652227194%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.71mg, Myricetin: 0.71mg, Myricetin: 0.71mg, Myricetin: 0.71mg Quercetin: 4.18mg, Quercetin: 4.18mg, Quercetin: 4.18mg, Quercetin: 4.18mg

Nutrients (% of daily need)

Calories: 516.79kcal (25.84%), Fat: 10.16g (15.64%), Saturated Fat: 3g (18.75%), Carbohydrates: 50.81g (16.94%), Net Carbohydrates: 46.78g (17.01%), Sugar: 5.2g (5.78%), Cholesterol: 377.76mg (125.92%), Sodium: 865.32mg (37.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 56.45g (112.9%), Vitamin K: 75.51µg (71.91%), Phosphorus: 675.17mg (67.52%), Copper: 1.15mg (57.44%), Selenium: 38.39µg (54.85%), Manganese: 0.83mg (41.5%), Magnesium: 130.87mg (32.72%), Vitamin C: 25.41mg (30.79%), Zinc: 4.53mg (30.19%), Potassium: 1038.94mg (29.68%), Calcium: 265.53mg (26.55%), Vitamin A: 1195.77IU (23.92%), Iron: 2.93mg (16.28%), Fiber: 4.03g (16.12%), Vitamin B6: 0.28mg (13.76%), Vitamin B2: 0.19mg (11.11%), Folate: 42.68µg (10.67%), Vitamin B3: 1.8mg (9.01%), Vitamin B1: 0.13mg (8.55%), Vitamin E: 1.12mg (7.49%), Vitamin B5: 0.54mg (5.41%), Vitamin B12: 0.24µg (3.99%)