



Shrimp and Artichoke Pasta

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



468 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 pound pasta
- 0.3 cup basil pesto prepared (or spinach, arugula, or kale pesto)
- 2 tablespoons olive oil extra virgin
- 1 clove garlic finely minced
- 1 pound shrimp raw deveined peeled (21 to 30 count)
- 1 cup peas frozen
- 8 ounces artichoke heart quarters frozen thawed cut in half lengthwise
- 0.3 cup green onions thinly sliced

- 0.3 cup parsley fresh minced
- 4 servings salt and pepper black freshly ground to taste

Equipment

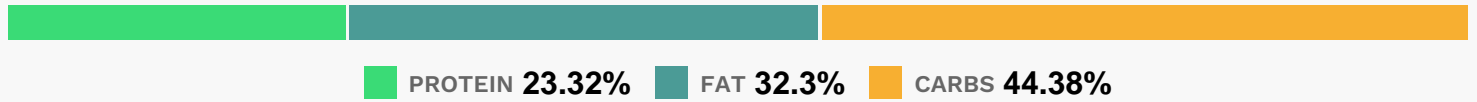
- frying pan
- pot

Directions

- Boil the pasta:
- Heat a large pot of salted water (4 quarts of water, 2 tablespoons salt) on high heat until boiling.
- Add the pasta. Cook uncovered on high heat with a vigorous boil until al dente (cooked but still a little firm), about 10 minutes or whatever your pasta package says is appropriate for al dente.
- Reserve some pasta cooking liquid, drain pasta. Once the pasta is done, and before draining the pasta, scoop out one cup of the pasta cooking liquid and reserve.
- Drain the pasta.
- Toss the pasta with the pesto and keep it warm.
- Sauté the shrimp and garlic:
- Heat oil in a large skillet over medium-high heat.
- Add the garlic and shrimp and cook, stirring, for 1 minute, until the shrimp is pink but not quite cooked through.
- Add the peas and artichokes, lower the heat to medium, cover and cook for an additional minute.
- Add green onions, parsley, pasta:
- Add the green onions and parsley, reduce the heat to low.
- Add the pasta and about a third of a cup of the reserved cooking water.
- Toss to coat evenly.
- Add more cooking water if the pasta is still a little too dry.
- Season with salt and pepper.

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:53.58, Glycemic Load:18.61, Inflammation Score:-8, Nutrition Score:25.687826037407%

Flavonoids

Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

Nutrients (% of daily need)

Calories: 468.39kcal (23.42%), Fat: 16.61g (25.55%), Saturated Fat: 2.79g (17.47%), Carbohydrates: 51.32g (17.11%), Net Carbohydrates: 45.84g (16.67%), Sugar: 4.3g (4.78%), Cholesterol: 191.75mg (63.92%), Sodium: 1014.25mg (44.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.97g (53.93%), Selenium: 79.06µg (112.95%), Vitamin K: 113.25µg (107.86%), Phosphorus: 459.77mg (45.98%), Manganese: 0.71mg (35.65%), Vitamin C: 22.95mg (27.82%), Vitamin A: 1333.96IU (26.68%), Vitamin B12: 1.42µg (23.72%), Copper: 0.46mg (22.83%), Fiber: 5.48g (21.92%), Vitamin B3: 4.08mg (20.4%), Vitamin B6: 0.39mg (19.27%), Vitamin E: 2.85mg (18.98%), Folate: 74.52µg (18.63%), Magnesium: 74.32mg (18.58%), Zinc: 2.73mg (18.23%), Vitamin B1: 0.23mg (15.07%), Iron: 2.43mg (13.52%), Calcium: 129.87mg (12.99%), Potassium: 410.04mg (11.72%), Vitamin B5: 0.94mg (9.38%), Vitamin B2: 0.13mg (7.56%), Vitamin D: 0.28µg (1.89%)