



## Shrimp and Black Bean Pasta

READY IN



20 min.

SERVINGS



8

CALORIES



327 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 15 oz black beans drained canned
- 0.3 cup cilantro leaves chopped
- 0.5 tsp pepper red crushed
- 0.5 cup 1/2 cup kraft zesty italian dressing italian divided kraft
- 1 cup low-moisture part-skim mozzarella cheese shredded kraft
- 1 onion chopped
- 2 lb shrimp deveined uncooked peeled
- 0.5 lb pasta like spaghetti uncooked

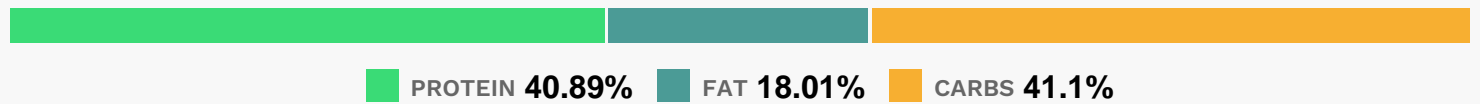
# Equipment

- frying pan

# Directions

- Cook spaghetti as directed on package. Meanwhile, heat 2 Tbsp. dressing in large skillet on medium-high heat.
- Add onions; cook and stir 5 min. Stir in shrimp, beans and crushed pepper; cover. Cook 5 to 8 min. or until shrimp turn pink, stirring occasionally.
- Drain spaghetti.
- Add to shrimp mixture with remaining dressing, cheese and cilantro; mix lightly.

# Nutrition Facts



# Properties

Glycemic Index:12.63, Glycemic Load:8.79, Inflammation Score:-4, Nutrition Score:12.695217170145%

# Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg

# Nutrients (% of daily need)

Calories: 326.71kcal (16.34%), Fat: 6.52g (10.03%), Saturated Fat: 2.09g (13.07%), Carbohydrates: 33.5g (11.17%), Net Carbohydrates: 28.63g (10.41%), Sugar: 3.1g (3.44%), Cholesterol: 191.53mg (63.84%), Sodium: 576.1mg (25.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.33g (66.66%), Phosphorus: 425.29mg (42.53%), Copper: 0.64mg (32.07%), Selenium: 21.02µg (30.02%), Manganese: 0.45mg (22.46%), Calcium: 212.43mg (21.24%), Magnesium: 78.96mg (19.74%), Fiber: 4.87g (19.46%), Zinc: 2.63mg (17.56%), Potassium: 575.52mg (16.44%), Iron: 2.1mg (11.65%), Folate: 41.75µg (10.44%), Vitamin K: 10.21µg (9.73%), Vitamin B2: 0.13mg (7.58%), Vitamin B1: 0.11mg (7.49%), Vitamin B6: 0.11mg (5.43%), Vitamin B3: 0.88mg (4.41%), Vitamin C: 2.65mg (3.21%), Vitamin A: 145.83IU (2.92%), Vitamin E: 0.44mg (2.9%), Vitamin B5: 0.25mg (2.52%), Vitamin B12: 0.11µg (1.91%)