



Shrimp and Feta Scampi

READY IN



15 min.

SERVINGS



4

CALORIES



588 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 cup feta cheese crumbled reduced-fat
- ☐ 4 green onions sliced
- ☐ 0.3 cup olive oil vinaigrette reduced-fat
- ☐ 1.5 pounds shrimp deveined peeled
- ☐ 10 ounce snow peas frozen
- ☐ 8 ounce pasta like spaghetti

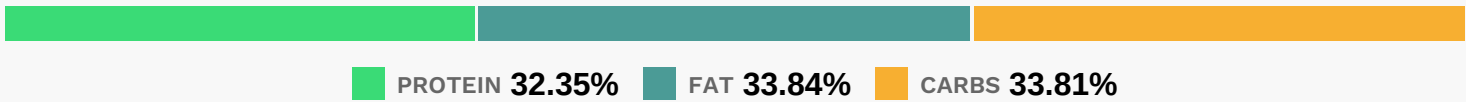
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ colander

Directions

- ☐ Bring 2 quarts water to a boil in a large saucepan.
- ☐ Add pasta, and cook, uncovered, 9 minutes.
- ☐ Add shrimp; cook, uncovered, 3 minutes or until shrimp turn pink.
- ☐ Place pea pods in a colander.
- ☐ Drain pasta over pea pods.
- ☐ Transfer mixture to a large serving bowl.
- ☐ Add onions, vinaigrette, and pepper; toss lightly.
- ☐ Sprinkle with crumbled feta cheese.

Nutrition Facts



Properties

Glycemic Index:26.5, Glycemic Load:17.22, Inflammation Score:-7, Nutrition Score:22.014782345813%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Nutrients (% of daily need)

Calories: 588.16kcal (29.41%), Fat: 22.24g (34.21%), Saturated Fat: 4.18g (26.16%), Carbohydrates: 49.99g (16.66%), Net Carbohydrates: 45.99g (16.72%), Sugar: 5.3g (5.89%), Cholesterol: 283.9mg (94.63%), Sodium: 378.37mg (16.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.82g (95.64%), Vitamin C: 44.78mg (54.28%), Selenium: 36.41µg (52.01%), Phosphorus: 513.37mg (51.34%), Vitamin K: 53.66µg (51.1%), Copper: 0.9mg (44.83%), Manganese: 0.78mg (39.21%), Magnesium: 109.21mg (27.3%), Zinc: 3.32mg (22.12%), Potassium: 752.2mg (21.49%), Vitamin E: 3mg (19.99%), Iron: 3.39mg (18.81%), Vitamin A: 890.72IU (17.81%), Calcium: 160.62mg (16.06%), Fiber: 4g (16%), Folate: 47.67µg (11.92%), Vitamin B1: 0.16mg (10.94%), Vitamin B6: 0.2mg (10.08%), Vitamin B5: 0.79mg (7.87%), Vitamin B3: 1.45mg (7.27%), Vitamin B2: 0.1mg (5.91%)