



Shrimp and Feta with Angel Hair

READY IN



45 min.

SERVINGS



6

CALORIES



400 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 cups angel hair hot cooked uncooked (8 ounces pasta)
- ☐ 2 teaspoons optional: dill dried
- ☐ 4 ounces feta cheese crumbled
- ☐ 1 garlic clove minced
- ☐ 1.5 cups green onions sliced
- ☐ 0.5 cup olives ripe sliced
- ☐ 0.8 pound plum tomatoes chopped
- ☐ 2 pounds shrimp deveined peeled

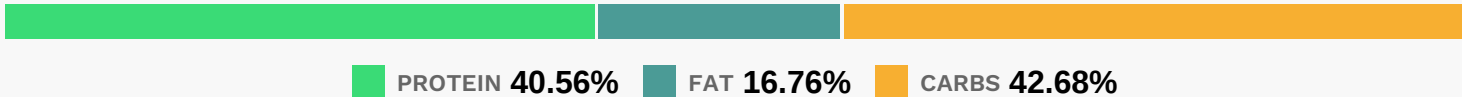
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add shrimp; cook 5 minutes, stirring frequently. Stir in tomato and next 4 ingredients (tomato through garlic); cook 4 minutes or until thoroughly heated.
- ☐ Combine shrimp mixture, pasta, and cheese in a large bowl; toss well.

Nutrition Facts



Properties

Glycemic Index:28.17, Glycemic Load:16.21, Inflammation Score:-7, Nutrition Score:19.361304448998%

Flavonoids

Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 3.01mg, Quercetin: 3.01mg, Quercetin: 3.01mg, Quercetin: 3.01mg

Nutrients (% of daily need)

Calories: 400.21kcal (20.01%), Fat: 7.49g (11.52%), Saturated Fat: 3.06g (19.11%), Carbohydrates: 42.89g (14.3%), Net Carbohydrates: 39.53g (14.38%), Sugar: 3.47g (3.86%), Cholesterol: 260.25mg (86.75%), Sodium: 581.49mg (25.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.77g (81.53%), Vitamin K: 56.79µg (54.08%), Phosphorus: 507.64mg (50.76%), Selenium: 34.76µg (49.65%), Copper: 0.81mg (40.63%), Manganese: 0.64mg (31.99%), Magnesium: 97.11mg (24.28%), Calcium: 236.81mg (23.68%), Zinc: 3.49mg (23.27%), Potassium: 743.51mg (21.24%), Vitamin A: 865.07IU (17.3%), Vitamin C: 12.79mg (15.5%), Fiber: 3.36g (13.43%), Vitamin B2: 0.22mg (13.09%), Iron: 2.31mg (12.82%), Vitamin B6: 0.23mg (11.36%), Folate: 39.91µg (9.98%), Vitamin B3: 1.54mg (7.72%), Vitamin B1: 0.11mg (7.57%), Vitamin E: 0.96mg (6.41%), Vitamin B12: 0.32µg (5.32%), Vitamin B5: 0.47mg (4.73%)