



Shrimp-and-Pasta Salad

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



359 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup cucumber seedless chopped
- ☐ 4 servings optional: lemon with mint and tarragon
- ☐ 1 large nectarines cut into thin wedges
- ☐ 4 servings raspberries fresh
- ☐ 8 ounces shells uncooked
- ☐ 1 pound shrimp cooked peeled ()

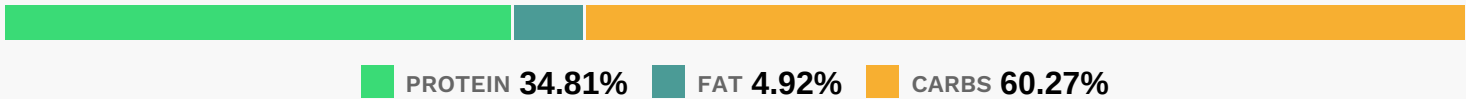
Equipment

- ☐ bowl

Directions

- ☐ Cook pasta according to package directions; drain. Plunge into ice water to stop the cooking process; drain and place in a large bowl.
- ☐ Add 1/2 cup dressing, tossing to coat. Stir in shrimp, nectarine, and cucumber.
- ☐ Serve with remaining 1/4 cup dressing.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:34.13, Glycemic Load:19.27, Inflammation Score:-5, Nutrition Score:15.896086941595%

Flavonoids

Cyanidin: 28.29mg, Cyanidin: 28.29mg, Cyanidin: 28.29mg, Cyanidin: 28.29mg Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 1.95mg, Catechin: 1.95mg, Catechin: 1.95mg, Catechin: 1.95mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 3.1mg, Epicatechin: 3.1mg, Epicatechin: 3.1mg, Epicatechin: 3.1mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 359.08kcal (17.95%), Fat: 1.98g (3.05%), Saturated Fat: 0.3g (1.85%), Carbohydrates: 54.65g (18.22%), Net Carbohydrates: 48.03g (17.46%), Sugar: 7.85g (8.72%), Cholesterol: 182.57mg (60.86%), Sodium: 144.68mg (6.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.57g (63.13%), Selenium: 36.06µg (51.51%), Manganese: 1mg (50.15%), Phosphorus: 384.73mg (38.47%), Copper: 0.71mg (35.32%), Fiber: 6.63g (26.5%), Vitamin C: 21.29mg (25.8%), Magnesium: 90.39mg (22.6%), Zinc: 2.71mg (18.06%), Potassium: 615.38mg (17.58%), Iron: 1.97mg (10.96%), Calcium: 106.24mg (10.62%), Vitamin K: 9.78µg (9.31%), Vitamin B3: 1.79mg (8.96%), Vitamin B6: 0.14mg (6.96%), Folate: 27.74µg (6.93%), Vitamin B1: 0.09mg (6.22%), Vitamin B5: 0.59mg (5.95%), Vitamin E:

0.84mg (5.6%), Vitamin B2: 0.08mg (4.55%), Vitamin A: 178.12IU (3.56%)