



Shrimp and Pasta with Creamy Pesto Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



593 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup fat-skimmed beef broth
- ☐ 3 tablespoons sun-dried olives dried drained chopped
- ☐ 12 ounces penne pasta dried
- ☐ 0.5 cup basil pesto prepared
- ☐ 4 servings salt and pepper
- ☐ 1 pound shrimp frozen thawed cooked per lb.), (see note above)
- ☐ 0.3 cup whipping cream

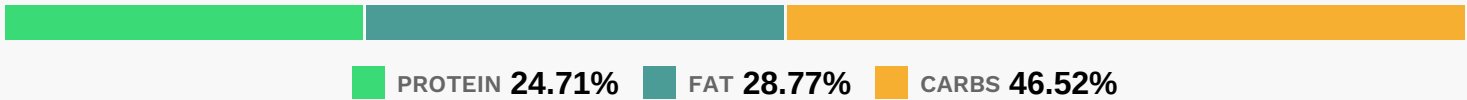
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a 4- to 6-quart pan over high heat, bring about 3 quarts water to a boil.
- ☐ Add pasta and cook, stirring occasionally, until tender to bite, 7 to 12 minutes.
- ☐ Drain and return to pan.
- ☐ Add shrimp, pesto, cream, broth, and dried tomatoes to pasta; stir over medium heat until hot and evenly incorporated, 2 to 3 minutes.
- ☐ Add salt and pepper to taste.
- ☐ Pour into serving dish or divide among individual bowls.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:26.02, Inflammation Score:-7, Nutrition Score:16.081304171811%

Nutrients (% of daily need)

Calories: 592.71kcal (29.64%), Fat: 18.84g (28.98%), Saturated Fat: 5.77g (36.07%), Carbohydrates: 68.52g (22.84%), Net Carbohydrates: 64.84g (23.58%), Sugar: 5.13g (5.7%), Cholesterol: 201.86mg (67.29%), Sodium: 689.74mg (29.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.4g (72.8%), Selenium: 54.72µg (78.17%), Manganese: 0.89mg (44.44%), Phosphorus: 426.95mg (42.7%), Copper: 0.75mg (37.35%), Magnesium: 93.23mg (23.31%), Zinc: 2.83mg (18.88%), Potassium: 636.08mg (18.17%), Vitamin A: 876.4IU (17.53%), Calcium: 154.98mg (15.5%), Fiber: 3.68g (14.72%), Iron: 2.25mg (12.51%), Vitamin B3: 1.87mg (9.37%), Vitamin B6: 0.14mg (7.02%), Vitamin B1: 0.1mg (6.69%), Vitamin B2: 0.1mg (5.9%), Vitamin B5: 0.5mg (5%), Folate: 18.6µg (4.65%), Vitamin K: 2.17µg (2.07%), Vitamin C: 1.56mg (1.89%), Vitamin D: 0.24µg (1.59%), Vitamin E: 0.23mg (1.54%)