



Shrimp and Roasted Fennel Ditalini

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



378 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 0.5 pound ditalini pasta whole-wheat
- 1 fennel bulb halved sliced chopped for garnish, optional (fronds)
- 1 teaspoon fennel seeds
- 4 cloves garlic chopped
- 1 strip lemon zest grated julienned for garnish, optional
- 2 tablespoons olive oil
- 1 teaspoon sea salt divided

1 pound shrimp frozen thawed (16 to 20)

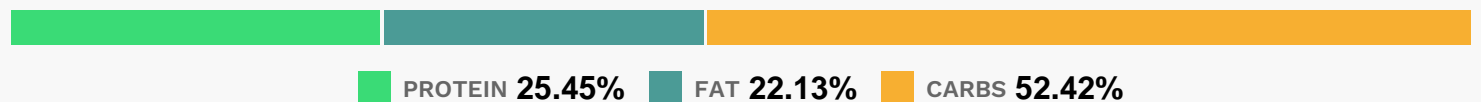
Equipment

- bowl
- frying pan
- oven
- roasting pan

Directions

- Heat oven to 450°F. Shell shrimp, but keep tails intact, if desired; reserve shells. In a small pan over medium heat, toast fennel seeds until golden brown, 5 minutes; crush. In a bowl, toss shrimp with fennel seeds. In same pan, bring 1 cup water to a boil with 1/2 teaspoon salt and reserved shells; reduce heat and simmer, partially covered, 30 minutes.
- Remove and discard shells; simmer until stock reduces by half, 5 minutes. In a roasting pan, place sliced fennel, garlic, oil, pepper and remaining 1/2 teaspoon salt; toss. Roast until fennel is tender, 20 minutes. Stir in shrimp, stock and zest; roast until shrimp are just cooked through, 5 minutes. Cook pasta as directed on package until al dente.
- Drain pasta, reserving 1 cup cooking liquid.
- Add pasta to roasting pan; roast until pasta is completely cooked, adding reserved liquid a little at a time and stirring to reach desired consistency, 5 to 10 minutes.
- Serve garnished with julienned zest and fennel fronds, if desired.
- Self

Nutrition Facts



Properties

Glycemic Index:26.75, Glycemic Load:1.42, Inflammation Score:-5, Nutrition Score:19.368695746297%

Flavonoids

Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 377.94kcal (18.9%), Fat: 9.22g (14.18%), Saturated Fat: 1.31g (8.22%), Carbohydrates: 49.13g (16.38%), Net Carbohydrates: 45.13g (16.41%), Sugar: 3.87g (4.29%), Cholesterol: 142.88mg (47.63%), Sodium: 1258.2mg (54.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.86g (47.71%), Selenium: 70.25µg (100.36%), Phosphorus: 420.58mg (42.06%), Vitamin K: 41.81µg (39.82%), Manganese: 0.78mg (39.04%), Copper: 0.43mg (21.37%), Vitamin B12: 1.26µg (20.98%), Vitamin E: 2.91mg (19.42%), Vitamin B3: 3.41mg (17.05%), Magnesium: 68.14mg (17.03%), Vitamin B6: 0.33mg (16.59%), Fiber: 4.01g (16.02%), Potassium: 521.58mg (14.9%), Zinc: 2.08mg (13.84%), Folate: 47.74µg (11.94%), Calcium: 115.42mg (11.54%), Vitamin C: 8.71mg (10.55%), Iron: 1.62mg (8.99%), Vitamin B5: 0.75mg (7.55%), Vitamin B1: 0.09mg (5.88%), Vitamin A: 285.07IU (5.7%), Vitamin B2: 0.08mg (4.45%)