



Shrimp-and-Spinach Pasta

READY IN



45 min.

SERVINGS



4

CALORIES



544 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 14.5 ounce canned tomatoes diced canned
- ☐ 14.5 ounce chicken broth canned
- ☐ 8 ounce angel hair pasta cooked
- ☐ 4 ounce feta cheese crumbled
- ☐ 10 ounce pkt spinach frozen thawed chopped
- ☐ 1 tablespoon olive oil
- ☐ 0.5 medium onion diced
- ☐ 1 teaspoon greek seasoning
- ☐ 1 pound shrimp frozen deveined peeled

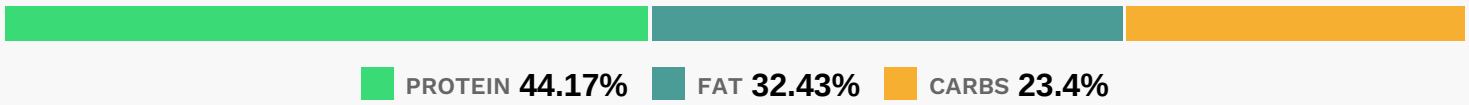
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Thaw shrimp according to package directions.
- ☐ Drain spinach well, pressing between paper towels, and set aside.
- ☐ Saute onion in hot oil in a large skillet over medium-high heat 5 minutes or until tender. Stir in tomatoes, broth, and Greek seasoning; bring to a boil, and cook, stirring occasionally, 10 minutes.
- ☐ Add shrimp; cook 2 minutes. Stir in spinach. Spoon over pasta; sprinkle with cheese, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:36.38, Glycemic Load:10.69, Inflammation Score:-10, Nutrition Score:36.373912811279%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 544.36kcal (27.22%), Fat: 19.78g (30.44%), Saturated Fat: 6.88g (42.97%), Carbohydrates: 32.13g (10.71%), Net Carbohydrates: 26.35g (9.58%), Sugar: 5.93g (6.59%), Cholesterol: 259.19mg (86.4%), Sodium: 1143.06mg (49.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 60.63g (121.25%), Vitamin K: 281.79µg (268.38%), Vitamin A: 8854.38IU (177.09%), Selenium: 43.12µg (61.6%), Phosphorus: 601.75mg (60.18%), Manganese: 0.99mg (49.71%), Copper: 0.86mg (43.19%), Zinc: 5.93mg (39.5%), Magnesium: 153.22mg (38.3%), Calcium: 379.94mg (37.99%), Folate: 136.76µg (34.19%), Vitamin B2: 0.58mg (33.87%), Iron: 6.01mg (33.41%), Vitamin B6: 0.65mg (32.43%), Potassium: 1081.1mg (30.89%), Vitamin E: 4.49mg (29.9%), Vitamin B12: 1.51µg (25.11%), Vitamin B3: 4.66mg (23.31%), Fiber: 5.79g (23.14%), Vitamin C: 14.4mg (17.45%), Vitamin B1: 0.21mg (13.81%), Vitamin B5: 0.72mg (7.18%), Vitamin D: 0.22µg (1.44%)