



Shrimp-and-Squash Penne

READY IN



45 min.

SERVINGS



5

CALORIES



292 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 4 cups penne rigate hot tube-shaped cooked uncooked ()
- ☐ 1 teaspoon basil dried
- ☐ 3 garlic clove minced
- ☐ 0.5 cup chives fresh thinly sliced
- ☐ 0.3 cup juice of lemon fresh
- ☐ 2 tablespoons olive oil
- ☐ 1 teaspoon oregano dried
- ☐ 1 ounce parmesan fresh grated

- ☐ 0.5 teaspoon salt
- ☐ 1 pound shrimp deveined peeled
- ☐ 4 cups to 3 sized squashes yellow thinly sliced (4 small)
- ☐ 3 cups zucchini thinly sliced (2)

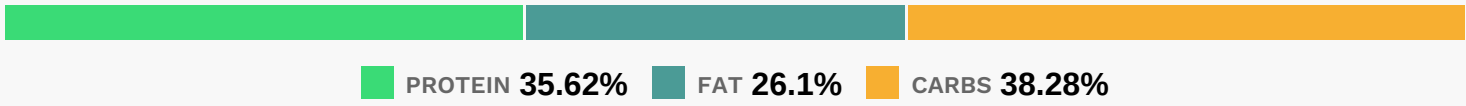
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add squash and zucchini, and saut 10 minutes.
- ☐ Add shrimp; saut 3 minutes.
- ☐ Add juice and next 5 ingredients (juice through garlic); cook 2 minutes or until shrimp are done.
- ☐ Combine shrimp mixture, pasta, chives, and cheese in a large bowl; toss gently.

Nutrition Facts



Properties

Glycemic Index:46.9, Glycemic Load:10.74, Inflammation Score:-8, Nutrition Score:16.335217488849%

Flavonoids

Eriodictyol: 0.6mg, Eriodictyol: 0.6mg, Eriodictyol: 0.6mg, Eriodictyol: 0.6mg Hesperetin: 1.77mg, Hesperetin: 1.77mg, Hesperetin: 1.77mg, Hesperetin: 1.77mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 291.74kcal (14.59%), Fat: 8.66g (13.32%), Saturated Fat: 2.04g (12.76%), Carbohydrates: 28.56g (9.52%), Net Carbohydrates: 25.15g (9.15%), Sugar: 4.69g (5.22%), Cholesterol: 149.91mg (49.97%), Sodium: 440.71mg (19.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.58g (53.16%), Vitamin C: 36.3mg (44%), Phosphorus: 342.9mg (34.29%), Manganese: 0.64mg (31.97%), Selenium: 19.89µg (28.42%), Copper: 0.53mg (26.6%), Vitamin K: 24.01µg (22.87%), Potassium: 749.02mg (21.4%), Magnesium: 80.79mg (20.2%), Vitamin B6: 0.4mg (19.87%), Calcium: 174.6mg (17.46%), Zinc: 2.29mg (15.3%), Folate: 57.51µg (14.38%), Vitamin B2: 0.24mg (14.34%), Iron: 2.45mg (13.64%), Fiber: 3.41g (13.63%), Vitamin A: 557.73IU (11.15%), Vitamin E: 1.18mg (7.87%), Vitamin B1: 0.1mg (6.89%), Vitamin B3: 1.14mg (5.71%), Vitamin B5: 0.44mg (4.4%), Vitamin B12: 0.07µg (1.13%)