



Shrimp, Broccoli, and Sun-Dried Tomatoes with Pasta

READY IN



45 min.

SERVINGS



4

CALORIES



341 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 cups broccoli chopped
- 0.5 teaspoon basil dried
- 3 cups farfalle pasta uncooked (bow tie pasta)
- 0.5 cup less-sodium chicken broth fat-free
- 1 garlic clove minced
- 2 teaspoons juice of lemon fresh
- 1 ounce parmesan cheese fresh grated
- 1 pound shrimp deveined peeled

- 0.5 cup sun-dried tomatoes packed
- 0.5 cup water boiling

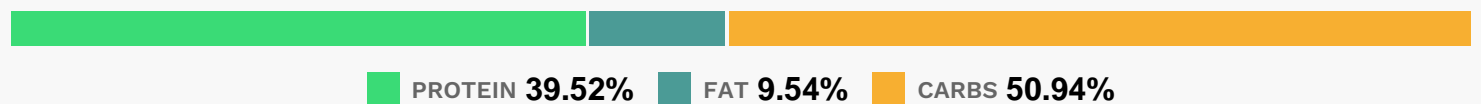
Equipment

- bowl
- frying pan

Directions

- Place tomatoes and boiling water in a bowl. Cover and let stand 30 minutes or until tender; drain and chop.
- While tomatoes steep, cook pasta according to package directions, omitting salt and fat.
- Drain.
- Steam broccoli, covered, 4 minutes or until crisp-tender. Set aside.
- Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- Add garlic to pan; saut 30 seconds.
- Add shrimp; cook 4 minutes.
- Add broth and cream cheese, stirring to combine; bring to a boil. Reduce heat, and simmer 2 minutes.
- Add tomatoes, broccoli, and basil; stir well. Cook 2 minutes or until thoroughly heated, stirring frequently.
- Remove from heat. Stir in pasta, Parmesan cheese, and juice.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:40.25, Glycemic Load:15.86, Inflammation Score:-6, Nutrition Score:19.62304356759%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 2.59mg, Kaempferol: 2.59mg, Kaempferol: 2.59mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg

Nutrients (% of daily need)

Calories: 340.91kcal (17.05%), Fat: 3.68g (5.66%), Saturated Fat: 1.5g (9.39%), Carbohydrates: 44.21g (14.74%), Net Carbohydrates: 40.15g (14.6%), Sugar: 7.1g (7.89%), Cholesterol: 187.39mg (62.46%), Sodium: 394.57mg (17.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.3g (68.61%), Selenium: 32.35µg (46.22%), Phosphorus: 452.45mg (45.24%), Vitamin C: 36.03mg (43.67%), Manganese: 0.8mg (40.14%), Copper: 0.8mg (40.13%), Vitamin K: 41.89µg (39.9%), Potassium: 999.53mg (28.56%), Magnesium: 102.07mg (25.52%), Calcium: 202.9mg (20.29%), Zinc: 2.79mg (18.57%), Fiber: 4.06g (16.24%), Iron: 2.89mg (16.06%), Vitamin B3: 2.41mg (12.06%), Folate: 39.93µg (9.98%), Vitamin B2: 0.17mg (9.71%), Vitamin B1: 0.14mg (9.57%), Vitamin B6: 0.19mg (9.49%), Vitamin A: 382.27IU (7.65%), Vitamin B5: 0.75mg (7.45%), Vitamin B12: 0.14µg (2.36%), Vitamin E: 0.34mg (2.28%)