



Shrimp Fideo

 Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



399 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 oz canned tomatoes diced drained canned
- 6 cups pasta like spaghetti cooked
- 4 cloves garlic finely chopped
- 2 large pasilla peppers green seeded chopped
- 0.5 tsp ground cumin
- 0.5 cup 1/2 cup kraft zesty italian dressing italian divided kraft
- 0.5 cup real mayo mayonnaise kraft
- 1 cup onion chopped

- 1 Tbsp paprika sweet spanish (pimenton)
- 1.5 lb shrimp cleaned (12 to 18 count)

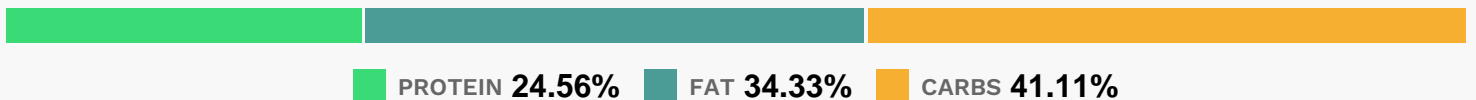
Equipment

- bowl
- frying pan

Directions

- Mix mayo, 1/4 cup of the dressing, the garlic and cumin in large bowl until well blended.
- Add pasta; toss to coat. Set aside.
- Heat remaining 1/4 cup dressing in large skillet on medium-high heat.
- Add peppers and onions; cook 5 min. or until onions are tender, stirring occasionally.
- Add shrimp, tomatoes and paprika; stir. Cook 5 to 10 min. or until shrimp turn pink, stirring frequently.
- Remove from heat.
- Add to pasta mixture; toss lightly.
- Serve warm or chilled.

Nutrition Facts



Properties

Glycemic Index:23.19, Glycemic Load:15.54, Inflammation Score:-7, Nutrition Score:15.300434888705%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.95mg, Luteolin: 1.95mg, Luteolin: 1.95mg, Luteolin: 1.95mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.26mg, Quercetin: 5.26mg, Quercetin: 5.26mg, Quercetin: 5.26mg

Nutrients (% of daily need)

Calories: 399.05kcal (19.95%), Fat: 15.29g (23.52%), Saturated Fat: 2.41g (15.04%), Carbohydrates: 41.18g (13.73%), Net Carbohydrates: 37.37g (13.59%), Sugar: 5.46g (6.07%), Cholesterol: 142.81mg (47.6%), Sodium: 416.11mg (18.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.61g (49.22%), Vitamin C: 39.93mg (48.4%), Selenium: 28.76µg (41.09%), Vitamin K: 36.44µg (34.7%), Phosphorus: 277.81mg (27.78%), Manganese: 0.53mg (26.58%), Copper: 0.53mg (26.32%), Magnesium: 63.88mg (15.97%), Iron: 2.84mg (15.8%), Fiber: 3.81g (15.23%), Potassium: 514.95mg (14.71%), Vitamin B6: 0.27mg (13.73%), Vitamin A: 661.37IU (13.23%), Zinc: 1.93mg (12.86%), Vitamin E: 1.62mg (10.81%), Calcium: 95.87mg (9.59%), Vitamin B1: 0.09mg (5.9%), Vitamin B3: 1.14mg (5.71%), Folate: 20.69µg (5.17%), Vitamin B2: 0.08mg (4.86%), Vitamin B5: 0.3mg (3%)