



WHATSheATE



Shrimp Florentine Pasta

READY IN



45 min.

SERVINGS



4

CALORIES



380 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 ounce baby spinach fresh
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 tablespoons butter
- ☐ 1 teaspoon pepper red crushed
- ☐ 8 ounces fettuccine barilla uncooked
- ☐ 1 tablespoon garlic fresh chopped
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 pound shrimp deveined peeled

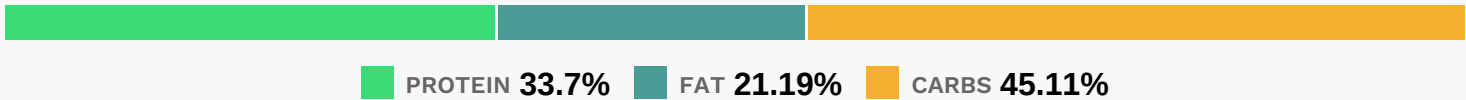
Equipment

☐ frying pan

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ Drain well; set aside, and keep warm.
- ☐ Melt butter in a large nonstick skillet over medium heat.
- ☐ Add shrimp, garlic, and crushed red pepper; cook 4 minutes or until shrimp are done, stirring occasionally.
- ☐ Add cooked pasta, lemon juice, salt, black pepper, and spinach; cook for 3 minutes or until spinach starts to wilt, stirring to combine.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:47, Glycemic Load:17.37, Inflammation Score:-10, Nutrition Score:25.405217310657%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 2.72mg, Kaempferol: 2.72mg, Kaempferol: 2.72mg, Kaempferol: 2.72mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg

Nutrients (% of daily need)

Calories: 379.93kcal (19%), Fat: 9.04g (13.9%), Saturated Fat: 4.43g (27.67%), Carbohydrates: 43.29g (14.43%), Net Carbohydrates: 40.19g (14.61%), Sugar: 1.4g (1.56%), Cholesterol: 245.25mg (81.75%), Sodium: 524.77mg (22.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.33g (64.66%), Vitamin K: 207.14µg (197.27%), Vitamin A: 4347.61IU (86.95%), Selenium: 45.58µg (65.11%), Manganese: 0.98mg (48.93%), Phosphorus: 407.09mg (40.71%), Copper: 0.68mg (34.11%), Magnesium: 108.21mg (27.05%), Folate: 100.14µg (25.04%), Potassium: 701.7mg (20.05%), Zinc: 2.89mg (19.27%), Vitamin C: 14.03mg (17%), Iron: 2.97mg (16.51%), Calcium: 142.98mg (14.3%), Fiber: 3.1g (12.39%), Vitamin B6: 0.24mg (12.17%), Vitamin E: 1.44mg (9.57%), Vitamin B1: 0.14mg (9.09%), Vitamin B2:

0.14mg (8.33%), Vitamin B3: 1.58mg (7.9%), Vitamin B5: 0.58mg (5.77%), Vitamin B12: 0.18µg (2.94%), Vitamin D:
0.17µg (1.13%)