



Shrimp, Lemon, and Parsley Pasta



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



279 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 8 ounces regular corn cooked
- ☐ 0.3 cup flat parsley chopped
- ☐ 4 garlic clove chopped
- ☐ 1 juice of lemon shredded finely
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.3 cup olive oil
- ☐ 0.5 teaspoon pepper red

☐ 1 pound shrimp deveined peeled coarsely chopped per lb.),

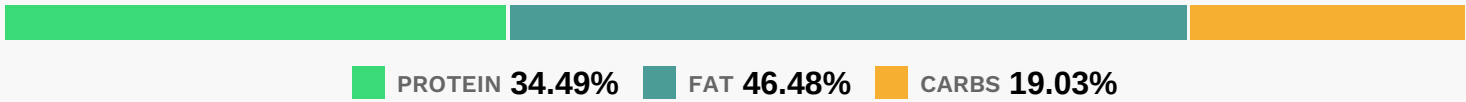
Equipment

☐ frying pan

Directions

- ☐ Heat oil in a large frying pan over medium-high heat.
- ☐ Add garlic and saut until softened, about 1 minute.
- ☐ Add shrimp and cook, stirring, until pink and just cooked through, 2 to 3 minutes. Stir in lemon zest and juice, parsley, salt, chile flakes, and pepper, then mix in pasta to coat.

Nutrition Facts



Properties

Glycemic Index:37.38, Glycemic Load:6.18, Inflammation Score:-5, Nutrition Score:11.482608520466%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 278.65kcal (13.93%), Fat: 15.03g (23.12%), Saturated Fat: 2.11g (13.17%), Carbohydrates: 13.85g (4.62%), Net Carbohydrates: 12.16g (4.42%), Sugar: 2.84g (3.16%), Cholesterol: 182.57mg (60.86%), Sodium: 433.28mg (18.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.1g (50.2%), Vitamin K: 70.37µg (67.02%), Phosphorus: 294.64mg (29.46%), Copper: 0.49mg (24.57%), Magnesium: 58.1mg (14.52%), Vitamin C: 11.95mg (14.48%), Vitamin E: 2.13mg (14.22%), Potassium: 470.24mg (13.44%), Zinc: 1.96mg (13.08%), Vitamin A: 540.55IU (10.81%), Manganese: 0.21mg (10.51%), Calcium: 87.02mg (8.7%), Iron: 1.27mg (7.04%), Fiber: 1.69g (6.75%), Vitamin B6: 0.13mg (6.42%), Vitamin B3: 1.06mg (5.31%), Folate: 20.42µg (5.11%), Vitamin B5: 0.5mg (4.96%), Vitamin B1: 0.06mg (4.3%), Vitamin B2: 0.04mg (2.53%)