



Shrimp, Lemon, and Spinach Whole-grain Pasta Salad

READY IN



45 min.

SERVINGS



10

CALORIES



240 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cups baby spinach loosely packed
- ☐ 15 oz garbanzo beans drained and rinsed canned (garbanzos)
- ☐ 0.3 cup mint leaves fresh chopped
- ☐ 12 ounces rotini pasta
- ☐ 3 large garlic clove minced
- ☐ 0.3 teaspoon ground cumin
- ☐ 2.5 tablespoons juice of lemon fresh
- ☐ 2 teaspoons lemon zest finely grated

- ☐ 1.3 cups yogurt plain low-fat greek-style (or whole-milk yogurt)
- ☐ 0.3 cup olive oil
- ☐ 0.5 teaspoon pepper red
- ☐ 1 medium onion red chopped
- ☐ 0.8 tsp salt

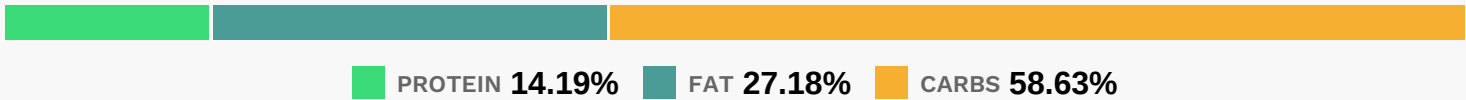
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Cook pasta in a large pot of boiling salted water until tender to the bite, 9 to 12 minutes or according to package instructions.
- ☐ Drain and set aside.
- ☐ Meanwhile, toss shrimp with 2 tbsp. olive oil, onion, garlic, 3/4 tsp. salt, chile flakes, and cumin; marinate at room temperature 10 minutes. Preheat a medium frying pan over medium heat, then add shrimp and marinade. Cook, stirring often, until shrimp are pink and firm, 3 to 4 minutes.
- ☐ In a large bowl, toss together pasta, shrimp mixture, spinach, chickpeas, yogurt, mint, lemon juice, remaining oil, and lemon zest. Season to taste with salt.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:17.63, Glycemic Load:12.11, Inflammation Score:-6, Nutrition Score:11.273043352625%

Flavonoids

Eriodictyol: 0.65mg, Eriodictyol: 0.65mg, Eriodictyol: 0.65mg, Eriodictyol: 0.65mg Hesperetin: 0.69mg, Hesperetin: 0.69mg, Hesperetin: 0.69mg, Hesperetin: 0.69mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.5mg, Quercetin: 2.5mg, Quercetin: 2.5mg, Quercetin: 2.5mg

Nutrients (% of daily need)

Calories: 240.32kcal (12.02%), Fat: 7.31g (11.24%), Saturated Fat: 1.25g (7.81%), Carbohydrates: 35.46g (11.82%), Net Carbohydrates: 31.94g (11.62%), Sugar: 3.68g (4.09%), Cholesterol: 1.84mg (0.61%), Sodium: 323.8mg (14.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.58g (17.17%), Manganese: 0.77mg (38.3%), Selenium: 23.63µg (33.76%), Vitamin K: 32.49µg (30.95%), Vitamin B6: 0.31mg (15.36%), Phosphorus: 151.92mg (15.19%), Fiber: 3.51g (14.05%), Vitamin A: 679.35IU (13.59%), Magnesium: 42.6mg (10.65%), Copper: 0.19mg (9.48%), Calcium: 93.53mg (9.35%), Folate: 36.43µg (9.11%), Potassium: 277.88mg (7.94%), Zinc: 1.13mg (7.56%), Iron: 1.36mg (7.53%), Vitamin C: 5.52mg (6.69%), Vitamin B2: 0.11mg (6.68%), Vitamin E: 1mg (6.64%), Vitamin B5: 0.49mg (4.9%), Vitamin B1: 0.07mg (4.81%), Vitamin B3: 0.78mg (3.88%), Vitamin B12: 0.17µg (2.86%)