



Shrimp Pasta Pot

READY IN



50 min.

SERVINGS



6

CALORIES



472 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 6 oz baby spinach
- 0.3 cup firmly basil leaves fresh packed
- 28 oz canned tomatoes diced canned
- 2 cups chicken broth
- 12 ounces fusilli pasta
- 4 garlic cloves sliced
- 2 teaspoons kosher salt
- 1 tablespoon olive oil
- 1 teaspoon oregano dried

- 6 servings parmesan cheese freshly grated
- 1 pound shrimp raw deveined peeled
- 0.5 medium size onion yellow sliced

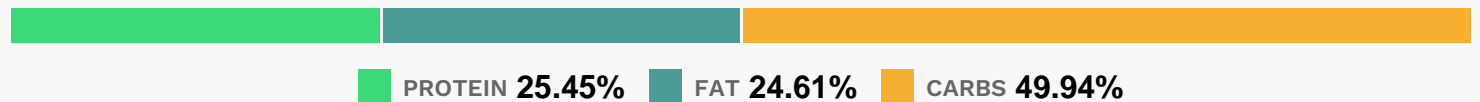
Equipment

- dutch oven

Directions

- Place first 9 ingredients and, if desired, dried crushed red pepper in a Dutch oven in order of ingredient list. Cover and bring to a boil over medium-high heat (about 12 to 15 minutes). Reduce heat to medium-low, and cook, covered, 10 to 12 minutes or until pasta is slightly al dente, stirring at 5-minute intervals.
- Remove from heat, and stir in shrimp and spinach. Cover and let stand 10 minutes. Stir just before serving.
- Serve with Parmesan cheese.
- Note: We tested with Garofalo Casarecce pasta.

Nutrition Facts



Properties

Glycemic Index:40.67, Glycemic Load:20.25, Inflammation Score:-10, Nutrition Score:33.1930436673337%

Flavonoids

Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 1.87mg, Kaempferol: 1.87mg, Kaempferol: 1.87mg, Kaempferol: 1.87mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 3.02mg, Quercetin: 3.02mg, Quercetin: 3.02mg, Quercetin: 3.02mg

Nutrients (% of daily need)

Calories: 472.35kcal (23.62%), Fat: 13.04g (20.06%), Saturated Fat: 5.31g (33.18%), Carbohydrates: 59.55g (19.85%), Net Carbohydrates: 54.23g (19.72%), Sugar: 8.24g (9.15%), Cholesterol: 122.92mg (40.97%), Sodium: 2219.99mg (96.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.34g (60.69%), Vitamin K: 153.81µg (146.49%), Selenium: 70.45µg (100.65%), Vitamin A: 3416.29IU (68.33%), Manganese: 1.18mg (58.95%), Phosphorus:

548.14mg (54.81%), Calcium: 408.03mg (40.8%), Copper: 0.62mg (31.08%), Magnesium: 110.01mg (27.5%), Vitamin C: 21.69mg (26.29%), Vitamin B6: 0.52mg (26.08%), Vitamin E: 3.88mg (25.9%), Folate: 102.06µg (25.52%), Potassium: 856.71mg (24.48%), Zinc: 3.45mg (23.03%), Vitamin B3: 4.38mg (21.89%), Fiber: 5.31g (21.25%), Iron: 3.81mg (21.18%), Vitamin B12: 1.26µg (21%), Vitamin B2: 0.32mg (19.11%), Vitamin B1: 0.22mg (14.75%), Vitamin B5: 1mg (9.99%), Vitamin D: 0.23µg (1.5%)