



## Shrimp Pasta Primavera

READY IN



35 min.

SERVINGS



6

CALORIES



322 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 10 ounces rotini pasta
- 1 cup chicken broth (from 32 oz carton)
- 2 cups cauliflower florets
- 0.3 pound mushrooms cut in half
- 6 ounces feta cheese crumbled
- 1 cup basil fresh thinly sliced
- 4 roma tomatoes coarsely chopped (plum)
- 0.8 pound shrimp frozen thawed deveined cooked peeled drained

# Equipment

sauce pan

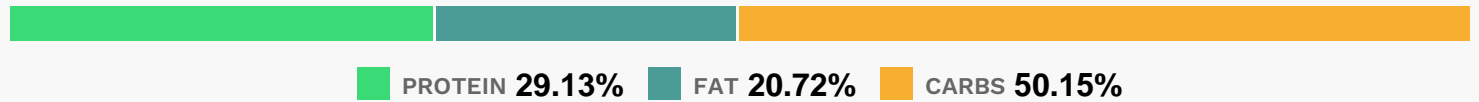
# Directions

Cook and drain pasta as directed on package.

While pasta is cooking, heat broth to boiling in 2-quart saucepan; reduce heat. Stir in broccoli and mushrooms. Cover and simmer about 6 minutes or until broccoli is crisp-tender; remove from heat.

Stir in cheese and basil until cheese is melted. Stir in tomatoes and shrimp. Cook uncovered over medium heat, stirring occasionally, just until heated through. Toss with pasta.

# Nutrition Facts



# Properties

Glycemic Index:40.17, Glycemic Load:15.39, Inflammation Score:-6, Nutrition Score:17.072174051534%

# Flavonoids

Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg 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: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

# Nutrients (% of daily need)

Calories: 321.82kcal (16.09%), Fat: 7.45g (11.46%), Saturated Fat: 4.03g (25.19%), Carbohydrates: 40.54g (13.51%), Net Carbohydrates: 37.61g (13.68%), Sugar: 3.54g (3.93%), Cholesterol: 117.3mg (39.1%), Sodium: 551.97mg (24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.55g (47.1%), Selenium: 36.24µg (51.77%), Phosphorus: 350.82mg (35.08%), Manganese: 0.63mg (31.58%), Vitamin C: 22.85mg (27.69%), Vitamin K: 25.59µg (24.37%), Copper: 0.49mg (24.3%), Vitamin B2: 0.4mg (23.39%), Calcium: 206.65mg (20.67%), Zinc: 2.56mg (17.07%), Magnesium: 64.47mg (16.12%), Potassium: 549.21mg (15.69%), Vitamin B6: 0.31mg (15.38%), Vitamin A: 675.72IU (13.51%), Folate: 48.71µg (12.18%), Fiber: 2.93g (11.71%), Vitamin B3: 2.3mg (11.51%), Vitamin B5: 1.03mg (10.32%), Vitamin B1: 0.14mg (9.54%), Iron: 1.59mg (8.85%), Vitamin B12: 0.49µg (8.24%), Vitamin E: 0.4mg (2.68%), Vitamin D: 0.15µg (1.01%)