



Shrimp Pasta Salad



Dairy Free



Popular

READY IN



20 min.

SERVINGS



4

CALORIES



589 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 pound orecchiette pasta (farfalle)
- ☐ 4 servings salt
- ☐ 2 pounds already and shrimp frozen cooked peeled (if available, pink shrimp aka Maine shrimp)
- ☐ 1 bell pepper diced red
- ☐ 1 onion diced red
- ☐ 1 garlic clove minced
- ☐ 1 cup basil leaves loosely packed chopped ()
- ☐ 0.3 cup olive oil extra virgin

- ☐ 1 teaspoon lemon zest
- ☐ 0.3 cup juice of lemon
- ☐ 1 teaspoon chile flakes red
- ☐ 4 servings bell pepper black to taste

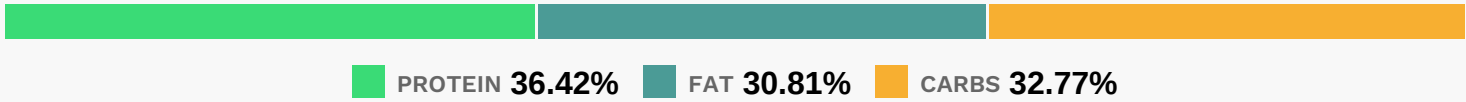
Equipment

- ☐ bowl

Directions

- ☐ Thaw the shrimp: Defrost frozen shrimp by placing them in a bowl of cold water. Keep chilled until needed.
- ☐ Cook the pasta: Cook the pasta in well salted water (1 tablespoon salt for every 2 quarts water) until al dente, a bit firmer than you would normally eat. (The pasta will absorb some of the salad dressing and soften further after cooking.)
- ☐ Rinse the pasta in cold water to stop the cooking.
- ☐ Drain well and put into a large bowl.
- ☐ Assemble the salad: Rinse the shrimp and drain well.
- ☐ Add them to the bowl with the pasta and mix.
- ☐ Add the remaining ingredients and gently mix until well combined.
- ☐ Chill and serve: Chill the salad for at least an hour before serving.
- ☐ Serve chilled.

Nutrition Facts



Properties

Glycemic Index:58.25, Glycemic Load:18.09, Inflammation Score:-8, Nutrition Score:22.721739105556%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg,

Naringenin: 0.21mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.72mg, Quercetin: 5.72mg, Quercetin: 5.72mg, Quercetin: 5.72mg

Nutrients (% of daily need)

Calories: 588.73kcal (29.44%), Fat: 20.28g (31.21%), Saturated Fat: 2.92g (18.26%), Carbohydrates: 48.55g (16.18%), Net Carbohydrates: 45.24g (16.45%), Sugar: 4.4g (4.89%), Cholesterol: 365.14mg (121.71%), Sodium: 478.5mg (20.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 53.95g (107.9%), Phosphorus: 615.66mg (61.57%), Vitamin C: 47.98mg (58.16%), Copper: 1.1mg (55.06%), Selenium: 36.25µg (51.79%), Manganese: 0.77mg (38.43%), Vitamin K: 38.07µg (36.25%), Magnesium: 121.69mg (30.42%), Vitamin A: 1398.55IU (27.97%), Zinc: 4.05mg (26.99%), Potassium: 876.62mg (25.05%), Vitamin E: 3.39mg (22.63%), Calcium: 181.42mg (18.14%), Iron: 2.52mg (14%), Fiber: 3.32g (13.27%), Vitamin B6: 0.24mg (11.87%), Folate: 36.49µg (9.12%), Vitamin B3: 1.42mg (7.11%), Vitamin B1: 0.09mg (5.91%), Vitamin B2: 0.08mg (4.69%), Vitamin B5: 0.42mg (4.17%)