



Shrimp Pasta Salad with Green Goddess Dressing

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



114 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 ounce shell pasta rinsed cooked drained
- ☐ 1 small head lettuce green separated
- ☐ 0.1 teaspoon pepper
- ☐ 0.1 teaspoon salt
- ☐ 1 pound shrimp fresh unpeeled
- ☐ 8 servings goddess dressing green
- ☐ 2 medium tomatoes cut into wedges

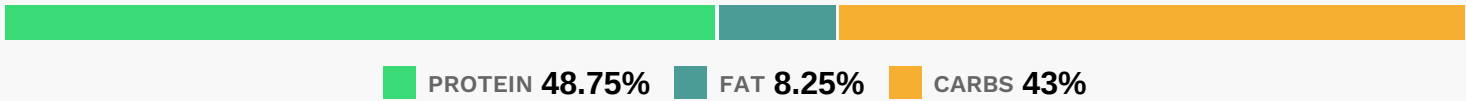
- ☐ 3 cups water
- ☐ 2 teaspoons citrus champagne vinegar
- ☐ 1 bell pepper yellow cut into strips

Equipment

Directions

- ☐ Bring 3 cups water to a boil, and add shrimp; cook 3 to 5 minutes or just until shrimp turn pink.
- ☐ Drain and rinse with cold water.
- ☐ Peel shrimp, and devein, if desired.
- ☐ Toss together pasta, vinegar, salt, and pepper. Line a large platter with lettuce leaves; spoon pasta in center, and top with shrimp. Arrange tomato and bell pepper around pasta.
- ☐ Serve salad with Green Goddess Dressing.

Nutrition Facts



Properties

Glycemic Index:14.81, Glycemic Load:4.31, Inflammation Score:-9, Nutrition Score:13.079130401187%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg

Nutrients (% of daily need)

Calories: 113.64kcal (5.68%), Fat: 1.06g (1.63%), Saturated Fat: 0.18g (1.15%), Carbohydrates: 12.42g (4.14%), Net Carbohydrates: 10.82g (3.93%), Sugar: 1.53g (1.7%), Cholesterol: 91.7mg (30.57%), Sodium: 131.57mg (5.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.08g (28.17%), Vitamin A: 3618.95IU (72.38%), Vitamin K: 59.84µg (56.99%), Vitamin C: 35.66mg (43.22%), Phosphorus: 162.35mg (16.23%), Copper: 0.31mg (15.6%), Manganese: 0.28mg (14.03%), Selenium: 7.85µg (11.21%), Potassium: 355.13mg (10.15%), Magnesium: 36.99mg (9.25%), Zinc: 1.07mg (7.16%), Folate: 27.61µg (6.9%), Iron: 1.21mg (6.71%), Fiber: 1.61g (6.42%), Calcium: 62.17mg

(6.22%), Vitamin B6: 0.1mg (5.21%), Vitamin B1: 0.05mg (3.54%), Vitamin B2: 0.05mg (3.05%), Vitamin B3: 0.6mg (2.99%), Vitamin E: 0.31mg (2.09%), Vitamin B5: 0.15mg (1.46%)