



Shrimp Penne

 Dairy Free

READY IN



65 min.

SERVINGS



12

CALORIES



204 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 1 cup cooking wine dry white
- 0.3 cup basil fresh chopped
- 2 garlic cloves chopped
- 1 pt grape tomatoes halved
- 2 tablespoons olive oil
- 12 ounces multigrain penne pasta uncooked
- 1 bell pepper red cut into thin strips

- 0.3 teaspoon pepper dried red crushed
- 0.5 teaspoon salt
- 1.5 pounds shrimp fresh uncooked
- 1 bell pepper yellow cut into thin strips

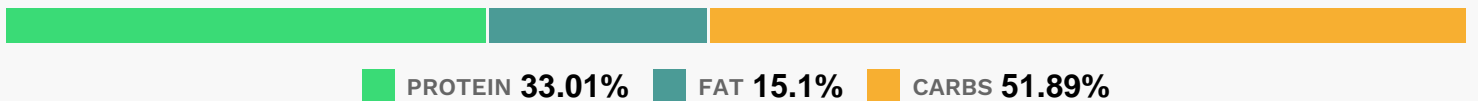
Equipment

- frying pan

Directions

- Cook pasta according to package directions; drain and set aside.
- Peel shrimp, and, if desired, devein.
- Saut bell peppers in hot oil in a large skillet over medium-high heat 10 minutes or until tender.
- Add garlic; saut 1 minute.
- Add grape tomatoes, and saut 3 minutes.
- Add wine and next 3 ingredients; cook 10 minutes, stirring occasionally.
- Add shrimp and basil, and cook, stirring occasionally, 3 minutes or just until shrimp turn pink. Stir in pasta, and cook until thoroughly heated.
- Sprinkle with Parmesan cheese, if desired.
- Note: For testing purposes only, we used Barilla Plus Penne Pasta.

Nutrition Facts



Properties

Glycemic Index:21.58, Glycemic Load:9.18, Inflammation Score:-6, Nutrition Score:9.7560870025469%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg

Luteolin: 0.16mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 203.94kcal (10.2%), Fat: 3.19g (4.91%), Saturated Fat: 0.48g (3%), Carbohydrates: 24.7g (8.23%), Net Carbohydrates: 22.97g (8.35%), Sugar: 2.41g (2.68%), Cholesterol: 91.29mg (30.43%), Sodium: 170.49mg (7.41%), Alcohol: 2.06g (100%), Alcohol %: 1.55% (100%), Protein: 15.71g (31.43%), Vitamin C: 36.54mg (44.29%), Selenium: 18.06µg (25.8%), Manganese: 0.4mg (19.77%), Phosphorus: 194.24mg (19.42%), Copper: 0.34mg (17.25%), Vitamin A: 698.02IU (13.96%), Magnesium: 44.24mg (11.06%), Potassium: 367.95mg (10.51%), Zinc: 1.31mg (8.7%), Vitamin K: 7.38µg (7.03%), Fiber: 1.73g (6.93%), Vitamin B6: 0.14mg (6.77%), Iron: 0.97mg (5.36%), Calcium: 52.15mg (5.21%), Vitamin E: 0.76mg (5.05%), Folate: 18.74µg (4.68%), Vitamin B3: 0.94mg (4.68%), Vitamin B1: 0.05mg (3.37%), Vitamin B2: 0.04mg (2.35%), Vitamin B5: 0.22mg (2.2%)