



Shrimp Puttanesca

 Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



253 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 lb angel hair pasta uncooked
- 2 Tbsp capers
- 0.5 tsp pepper red crushed
- 3 cloves garlic minced
- 0.5 cup kalamata olives pitted quartered
- 0.3 cup parsley italian chopped
- 1 lb shrimp deveined uncooked peeled
- 2 Tbsp tuscan house dressing italian kraft

2 cups classico tomato and basil pasta sauce

Equipment

bowl

frying pan

Directions

Cook pasta as directed on package, omitting salt.

Meanwhile, heat dressing in large nonstick skillet on medium heat.

Add shrimp and garlic; cook and stir 3 to 5 min. or until shrimp turn pink.

Add all remaining ingredients except parsley; stir. Simmer on medium-low heat 3 to 5 min. or until heated through, stirring occasionally.

Drain pasta; place in large bowl.

Add shrimp mixture; mix lightly.

Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:13, Glycemic Load:12.89, Inflammation Score:-5, Nutrition Score:9.7239130579907%

Flavonoids

Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 2.85mg, Kaempferol: 2.85mg, Kaempferol: 2.85mg, Kaempferol: 2.85mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg

Nutrients (% of daily need)

Calories: 252.71kcal (12.64%), Fat: 3.8g (5.85%), Saturated Fat: 0.59g (3.67%), Carbohydrates: 36.43g (12.14%), Net Carbohydrates: 33.59g (12.22%), Sugar: 3.87g (4.3%), Cholesterol: 91.29mg (30.43%), Sodium: 418.47mg (18.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.74g (35.48%), Selenium: 27.24µg (38.91%), Vitamin K: 33.65µg (32.05%), Manganese: 0.44mg (21.77%), Phosphorus: 205.99mg (20.6%), Copper: 0.37mg (18.54%), Magnesium: 45.61mg (11.4%), Fiber: 2.84g (11.35%), Potassium: 369.34mg (10.55%), Zinc: 1.41mg (9.4%), Vitamin A: 420.06IU

(8.4%), Iron: 1.27mg (7.07%), Calcium: 65.98mg (6.6%), Vitamin C: 4.45mg (5.4%), Vitamin B6: 0.08mg (4.21%),
Vitamin B3: 0.81mg (4.04%), Vitamin E: 0.53mg (3.54%), Vitamin B1: 0.05mg (3.02%), Folate: 11.32µg (2.83%),
Vitamin B5: 0.2mg (2.01%), Vitamin B2: 0.03mg (1.96%)