



Shrimp with Tomato Sauce

READY IN



15 min.

SERVINGS



15

CALORIES



114 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 lb fettuccine barilla uncooked
- 2 Tbsp basil fresh chopped
- 10 oz artichoke hearts frozen
- 1 Tbsp olive oil
- 2 Tbsp parmesan cheese grated kraft
- 2 cups classico vodka sauce pasta sauce divided
- 1 lb shrimp deveined uncooked peeled
- 2 zucchini chopped

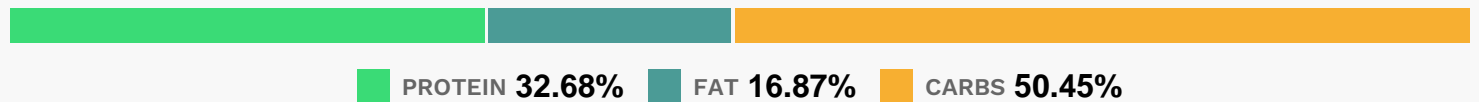
Equipment

frying pan

Directions

- Cook pasta as directed on package, omitting salt.
- Meanwhile, heat oil in large skillet on medium heat.
- Add zucchini and artichokes; cook and stir 2 min.
- Add shrimp and 1 cup pasta sauce; cook and stir 5 min. or until shrimp turn pink. Stir in remaining pasta sauce; cook 1 to 2 min. or until heated through, stirring frequently.
- Drain pasta.
- Serve topped with pasta sauce mixture, cheese and basil.

Nutrition Facts



Properties

Glycemic Index:11.6, Glycemic Load:5.17, Inflammation Score:-4, Nutrition Score:6.9113043779912%

Flavonoids

Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 114.48kcal (5.72%), Fat: 2.21g (3.41%), Saturated Fat: 0.5g (3.1%), Carbohydrates: 14.89g (4.96%), Net Carbohydrates: 12.89g (4.69%), Sugar: 2.1g (2.34%), Cholesterol: 61.97mg (20.66%), Sodium: 216.69mg (9.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.65g (19.3%), Selenium: 12.44µg (17.77%), Manganese: 0.28mg (13.83%), Phosphorus: 135.56mg (13.56%), Copper: 0.23mg (11.41%), Vitamin C: 8.12mg (9.84%), Folate: 38.02µg (9.51%), Potassium: 332.54mg (9.5%), Magnesium: 34.83mg (8.71%), Fiber: 2g (8%), Zinc: 0.95mg (6.31%), Vitamin B6: 0.12mg (6.23%), Vitamin K: 6.17µg (5.88%), Vitamin A: 282.27IU (5.65%), Iron: 0.98mg (5.47%), Vitamin B2: 0.09mg (5.22%), Vitamin E: 0.7mg (4.68%), Vitamin B3: 0.93mg (4.65%), Calcium: 44.38mg (4.44%), Vitamin B1: 0.06mg (3.78%), Vitamin B5: 0.33mg (3.32%)