



Skinny Garlic Shrimp Pasta

READY IN



30 min.

SERVINGS



6

CALORIES



312 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 8 oz angel hair pasta uncooked (capellini)
- 4 cups baby spinach fresh
- 1.5 cups cherry tomatoes halved
- 3 teaspoons olive oil
- 0.5 cup onion finely chopped
- 1.5 lb shrimp fresh deveined peeled
- 3 cloves garlic finely chopped
- 0.3 teaspoon pepper red crushed
- 0.5 cup chicken broth dry white reduced-sodium (from 32-oz carton)

- 0.3 cup chicken broth reduced-sodium (from 32-oz carton)
- 0.3 teaspoon salt
- 0.1 teaspoon pepper
- 3 tablespoons parsley fresh chopped
- 2 tablespoons butter

Equipment

- frying pan
- sauce pan
- dutch oven

Directions

- In 5-quart saucepan or Dutch oven, cook pasta as directed on package.
- Drain; return to saucepan. Stir in spinach, tomatoes and 2 teaspoons of the oil. Cover to keep warm.
- While pasta is cooking, in 12-inch nonstick skillet, heat remaining 1 teaspoon oil over medium-high heat.
- Add onion; cook and stir 1 minute.
- Add shrimp, garlic and pepper flakes; cook and stir 2 minutes.
- Stir in wine, broth, salt and pepper; cook 2 minutes or until shrimp are pink and firm.
- Remove from heat; stir in parsley and butter until butter is melted.
- Add shrimp mixture to pasta mixture in saucepan; toss to mix.

Nutrition Facts



PROTEIN 37.6% **FAT 20.81%** **CARBS 41.59%**

Properties

Glycemic Index:40.83, Glycemic Load:11.88, Inflammation Score:-9, Nutrition Score:19.194348039834%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 1.4mg, Kaempferol: 1.4mg, Kaempferol: 1.4mg, Kaempferol: 1.4mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg

Nutrients (% of daily need)

Calories: 312.42kcal (15.62%), Fat: 7.28g (11.2%), Saturated Fat: 2.98g (18.61%), Carbohydrates: 32.74g (10.91%), Net Carbohydrates: 30.46g (11.08%), Sugar: 2.67g (2.96%), Cholesterol: 192.6mg (64.2%), Sodium: 296.18mg (12.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.59g (59.19%), Vitamin K: 132.25µg (125.95%), Vitamin A: 2367.99IU (47.36%), Phosphorus: 351.95mg (35.2%), Selenium: 24.62µg (35.18%), Manganese: 0.65mg (32.75%), Copper: 0.64mg (31.79%), Vitamin C: 18.23mg (22.09%), Magnesium: 82.17mg (20.54%), Potassium: 641.74mg (18.34%), Zinc: 2.31mg (15.4%), Folate: 56.24µg (14.06%), Iron: 2.15mg (11.93%), Calcium: 115.79mg (11.58%), Fiber: 2.27g (9.1%), Vitamin B6: 0.16mg (8.17%), Vitamin E: 1.1mg (7.36%), Vitamin B3: 1.45mg (7.27%), Vitamin B2: 0.09mg (5.13%), Vitamin B1: 0.07mg (4.96%), Vitamin B5: 0.26mg (2.64%)