

# Spaghetti with Garlic-Shrimp & Broccoli

READY IN



20 min.

SERVINGS



20

CALORIES



87 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 4 cups broccoli florets
- 2 cloves garlic minced
- 0.3 cup parmesan cheese grated kraft
- 1 lb shrimp deveined uncooked peeled
- 0.5 cup tuscan house dressing italian kraft
- 0.5 lb pasta like spaghetti uncooked

## Equipment

- frying pan

sauce pan

## Directions

- Cook spaghetti in large saucepan as directed on package, omitting salt and adding broccoli to the boiling water for the last 2 min.
- Meanwhile, heat dressing in large skillet on medium-high heat.
- Add shrimp and garlic; cook and stir 3 to 4 min. or until shrimp turn pink.
- Drain spaghetti mixture; return to pan.
- Add shrimp mixture and cheese; mix lightly.

## Nutrition Facts



## Properties

Glycemic Index:5.2, Glycemic Load:3.67, Inflammation Score:-2, Nutrition Score:5.0573912784457%

## Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 1.43mg, Kaempferol: 1.43mg, Kaempferol: 1.43mg, Kaempferol: 1.43mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

## Nutrients (% of daily need)

Calories: 87.35kcal (4.37%), Fat: 1.95g (2.99%), Saturated Fat: 0.44g (2.76%), Carbohydrates: 10.64g (3.55%), Net Carbohydrates: 9.8g (3.56%), Sugar: 1.25g (1.39%), Cholesterol: 37.6mg (12.53%), Sodium: 113.94mg (4.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.96g (13.93%), Vitamin K: 21.89µg (20.85%), Vitamin C: 16.35mg (19.82%), Selenium: 8.22µg (11.74%), Phosphorus: 91.24mg (9.12%), Manganese: 0.16mg (7.88%), Copper: 0.13mg (6.64%), Magnesium: 18.58mg (4.64%), Potassium: 151.11mg (4.32%), Zinc: 0.6mg (4%), Calcium: 37.81mg (3.78%), Folate: 13.59µg (3.4%), Fiber: 0.84g (3.37%), Vitamin B6: 0.06mg (2.82%), Vitamin A: 126.34IU (2.53%), Iron: 0.42mg (2.36%), Vitamin E: 0.29mg (1.93%), Vitamin B2: 0.03mg (1.93%), Vitamin B1: 0.03mg (1.68%), Vitamin B3: 0.32mg (1.6%), Vitamin B5: 0.16mg (1.59%)