



Spaghetti with Grilled Shrimp, Zucchini, and Salsa Verde

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



511 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 teaspoon anchovy paste
- 3 tablespoons capers drained
- 0.5 teaspoon dijon mustard
- 1 clove garlic chopped
- 0.3 teaspoon fresh-ground pepper black
- 4 teaspoons juice of lemon
- 0.5 cup olive oil

- 0.7 cup lightly parsley leaves packed
- 1.3 teaspoons salt
- 1.3 pounds shrimp shelled
- 0.8 pound pasta like spaghetti
- 2 zucchini cut lengthwise into 1/4-inch slices

Equipment

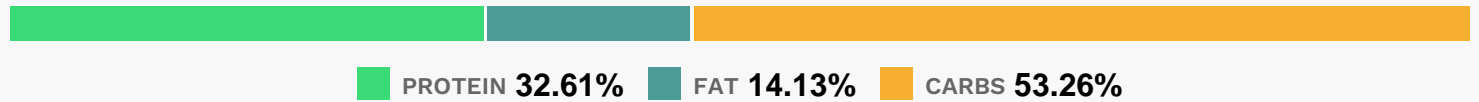
- food processor
- bowl
- pot
- blender
- grill
- broiler
- skewers

Directions

- Put the parsley, capers, garlic, lemon juice, anchovy paste, mustard, 1/2 teaspoon of the salt, and the pepper into a food processor or blender. Pulse just to chop, six to eight times. With the machine running, add the 1/2 cup oil in a thin stream to make a coarse puree. Leave this salsa verde in the food processor; if necessary, pulse to re-emulsify just before adding to the pasta.
- Light the grill or heat the broiler.
- Brush the zucchini with 1 tablespoon of the oil and sprinkle with 1/4 teaspoon of the salt. Grill or broil the zucchini, turning, until just done, about 10 minutes in all. When the slices are cool enough to handle, cut them crosswise into 1/2-inch pieces and put them in a large bowl.
- Thread the shrimp onto skewers.
- Brush the shrimp with the remaining 1 tablespoon oil and sprinkle with the remaining 1/2 teaspoon salt. Grill or broil the shrimp, turning, until just done, about 4 minutes in all.
- Remove the shrimp from the skewers, slice them in half horizontally, and add them to the zucchini.

- Meanwhile, in a large pot of boiling, salted water, cook the spaghetti until just done, about 12 minutes.
- Drain.
- Add the pasta to the grilled zucchini and shrimp and toss with the salsa verde.
- Wine Recommendation: Sauvignon blanc has a great affinity for the flavors of lemon and mustard. To complement the richness of the pasta and shrimp, go for a vibrant Pouilly-Fum from France's Loire Valley. A Sancerre will work almost as well.

Nutrition Facts



Properties

Glycemic Index:45.75, Glycemic Load:26.02, Inflammation Score:-8, Nutrition Score:25.803043516434%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 21.57mg, Apigenin: 21.57mg, Apigenin: 21.57mg, Apigenin: 21.57mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 8.03mg, Kaempferol: 8.03mg, Kaempferol: 8.03mg, Kaempferol: 8.03mg Myricetin: 1.5mg, Myricetin: 1.5mg, Myricetin: 1.5mg, Myricetin: 1.5mg Quercetin: 11.06mg, Quercetin: 11.06mg, Quercetin: 11.06mg, Quercetin: 11.06mg

Nutrients (% of daily need)

Calories: 511.45kcal (25.57%), Fat: 8.04g (12.37%), Saturated Fat: 1.27g (7.95%), Carbohydrates: 68.19g (22.73%), Net Carbohydrates: 63.87g (23.23%), Sugar: 4.97g (5.53%), Cholesterol: 229.49mg (76.5%), Sodium: 1142.31mg (49.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.74g (83.49%), Vitamin K: 173.43µg (165.18%), Selenium: 55.38µg (79.12%), Manganese: 1.06mg (52.79%), Phosphorus: 513.92mg (51.39%), Copper: 0.9mg (45.01%), Vitamin C: 33.27mg (40.33%), Magnesium: 121.36mg (30.34%), Potassium: 896.57mg (25.62%), Zinc: 3.59mg (23.96%), Vitamin A: 1048.78IU (20.98%), Fiber: 4.31g (17.25%), Iron: 3.07mg (17.06%), Vitamin B6: 0.31mg (15.32%), Calcium: 147.05mg (14.7%), Folate: 56.69µg (14.17%), Vitamin B3: 2.37mg (11.86%), Vitamin B2: 0.17mg (9.94%), Vitamin B1: 0.14mg (9.03%), Vitamin E: 1.18mg (7.85%), Vitamin B5: 0.64mg (6.36%)