

# Spaghetti with Grilled Shrimp, Zucchini, and Salsa Verde

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



515 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
- ☐ 4 servings try build-a-meal
- ☐ 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

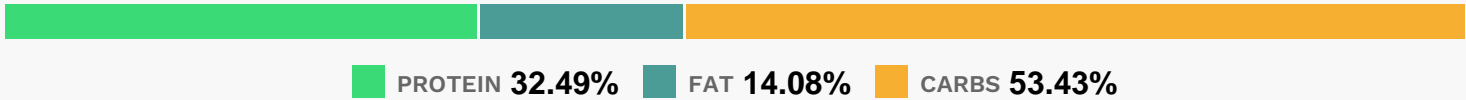
- ☐ food processor
- ☐ bowl
- ☐ pot
- ☐ blender
- ☐ grill
- ☐ broiler
- ☐ skewers

## 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:26.181304294778%

## 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: 514.69kcal (25.73%), Fat: 8.06g (12.41%), Saturated Fat: 1.28g (7.97%), Carbohydrates: 68.87g (22.96%), Net Carbohydrates: 64.33g (23.39%), Sugar: 4.98g (5.54%), Cholesterol: 229.49mg (76.5%), Sodium: 1142.32mg (49.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.88g (83.77%), Vitamin K: 173.49µg (165.23%), Selenium: 55.89µg (79.85%), Manganese: 1.12mg (56.14%), Phosphorus: 520.24mg (52.02%), Copper: 0.91mg (45.36%), Vitamin C: 33.27mg (40.33%), Magnesium: 123.84mg (30.96%), Potassium: 903.87mg (25.82%), Zinc: 3.65mg (24.33%), Vitamin A: 1048.89IU (20.98%), Fiber: 4.54g (18.16%), Iron: 3.13mg (17.41%), Vitamin B6: 0.31mg (15.52%), Calcium: 147.61mg (14.76%), Folate: 56.84µg (14.21%), Vitamin B3: 2.43mg (12.13%), Vitamin B2: 0.17mg (10.11%), Vitamin B1: 0.14mg (9.23%), Vitamin E: 1.19mg (7.95%), Vitamin B5: 0.65mg (6.51%)