



WHATSheATE



Spaghetti with prawns, chilli & rocket



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



627 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 400 g pasta like spaghetti
- ☐ 2 pepper flakes red
- ☐ 100 ml olive oil extra virgin extra-virgin
- ☐ 200 g shrimp frozen shelled cooked
- ☐ 50 g arugula wild

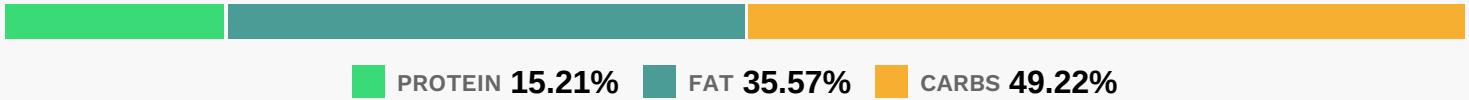
Equipment

- ☐ frying pan
- ☐ knife

Directions

- ☐ Cook the spaghetti in boiling salted water according to pack instructions.
- ☐ While the spaghetti is cooking, split the chillies down the centre lengthways. Using a teaspoon and starting at the top, scoop the seeds from the flesh – add these if you like your food hot. Using a sharp knife, cut the chillies in thin strips, bundle them together and cut across to make squares.
- ☐ Drain the spaghetti, toss with a drizzling of olive oil and set aside.
- ☐ Heat the oil in a deep frying pan or saut pan over a high heat and add the prawns. Stir in the chillies, season, then add the spaghetti.
- ☐ Remove from the heat, fold through the rocket and stir.

Nutrition Facts



Properties

Glycemic Index:29.75, Glycemic Load:30.84, Inflammation Score:-7, Nutrition Score:18.982608546381%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.54mg, Isorhamnetin: 0.54mg, Isorhamnetin: 0.54mg, Isorhamnetin: 0.54mg Kaempferol: 4.36mg, Kaempferol: 4.36mg, Kaempferol: 4.36mg, Kaempferol: 4.36mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 627.39kcal (31.37%), Fat: 24.77g (38.11%), Saturated Fat: 3.5g (21.86%), Carbohydrates: 77.11g (25.7%), Net Carbohydrates: 73.37g (26.68%), Sugar: 4.12g (4.58%), Cholesterol: 80.5mg (26.83%), Sodium: 71.36mg (3.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.83g (47.67%), Selenium: 63.35µg (90.5%), Manganese: 1.02mg (50.78%), Vitamin C: 34.21mg (41.46%), Phosphorus: 312.17mg (31.22%), Vitamin K: 30.62µg (29.16%), Copper: 0.52mg (26.15%), Vitamin E: 3.61mg (24.04%), Magnesium: 81.55mg (20.39%), Fiber: 3.74g (14.95%), Zinc: 2.2mg (14.65%), Potassium: 473.8mg (13.54%), Vitamin B6: 0.26mg (13.25%), Iron: 2.1mg (11.68%), Vitamin A: 510.83IU (10.22%), Vitamin B3: 2.02mg (10.09%), Folate: 35.3µg (8.82%), Calcium: 76.38mg (7.64%), Vitamin B1: 0.11mg (7.45%), Vitamin B5: 0.53mg (5.31%), Vitamin B2: 0.09mg (5.3%)