



WHATSheATE



Spaghetti With Shrimp, Chickpeas, and Feta

READY IN



25 min.

SERVINGS



8

CALORIES



532 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 30 ounce chickpeas rinsed drained canned
- ☐ 1 cup feta cheese crumbled
- ☐ 2 tablespoons basil fresh
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 8 servings lemon wedges
- ☐ 1 teaspoon lemon zest
- ☐ 8 servings olive oil for drizzling
- ☐ 1 teaspoon oregano dried
- ☐ 3 roma tomatoes seeded chopped

- ☐ 8 servings salt & pepper black freshly ground
- ☐ 1 lb shrimp cooked
- ☐ 1 lb pasta like spaghetti

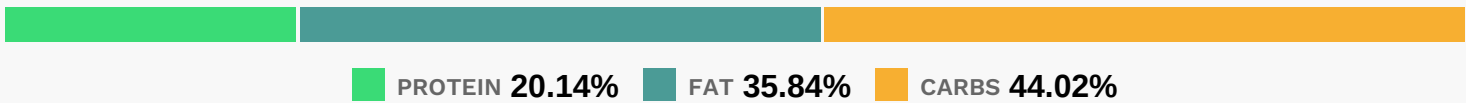
Equipment

- ☐ pot

Directions

- ☐ Cook spaghetti in salted water according to package directions.2
- ☐ Add chickpeas and shrimp during last minute of cooking; drain and return to pot.3 Stir in tomatoes, cheese, basil (or mint), lemon zest, lemon juice, and oregano. Season with salt and pepper.4
- ☐ Serve with lemon wedges and green olives, if desired; drizzle with olive oil.

Nutrition Facts



Properties

Glycemic Index:34.98, Glycemic Load:21.39, Inflammation Score:-6, Nutrition Score:19.416086963985%

Flavonoids

Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg Hesperetin: 0.82mg, Hesperetin: 0.82mg, Hesperetin: 0.82mg, Hesperetin: 0.82mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 531.99kcal (26.6%), Fat: 21.33g (32.81%), Saturated Fat: 4.87g (30.44%), Carbohydrates: 58.95g (19.65%), Net Carbohydrates: 51.98g (18.9%), Sugar: 2.27g (2.52%), Cholesterol: 107.97mg (35.99%), Sodium: 581.79mg (25.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.96g (53.93%), Manganese: 1.47mg (73.59%), Selenium: 40.8µg (58.29%), Phosphorus: 383.61mg (38.36%), Vitamin B6: 0.69mg (34.4%), Copper: 0.57mg (28.7%), Fiber: 6.98g (27.91%), Magnesium: 86.23mg (21.56%), Zinc: 2.89mg (19.25%), Calcium: 186.45mg (18.64%), Vitamin E: 2.3mg (15.31%), Iron: 2.73mg (15.17%), Potassium: 507.68mg (14.51%), Vitamin K: 14.45µg (13.76%),

Vitamin B2: 0.22mg (12.68%), Folate: 48.11µg (12.03%), Vitamin B1: 0.12mg (8.31%), Vitamin B5: 0.78mg (7.77%),
Vitamin B3: 1.45mg (7.24%), Vitamin C: 5.69mg (6.9%), Vitamin A: 320.49IU (6.41%), Vitamin B12: 0.32µg (5.28%)