



Spanish Shrimp and Farfalle

 Dairy Free

READY IN



23 min.

SERVINGS



4

CALORIES



399 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 8 ounces farfalle pasta uncooked
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 tablespoon olive oil divided
- ☐ 1 cup onion chopped
- ☐ 0.3 cup orange zest fresh

- ☐ 0.5 cup pimiento–stuffed olives
- ☐ 4 plum tomatoes chopped
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon sherry vinegar
- ☐ 1 pound shrimp deveined peeled

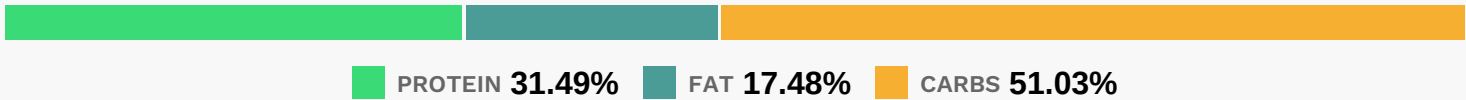
Equipment

- ☐ frying pan

Directions

- ☐ Cook farfalle according to package directions; drain.
- ☐ Toss shrimp with cumin, salt, and pepper.
- ☐ Heat 1 tablespoon olive oil in a large nonstick skillet over medium–high heat.
- ☐ Add shrimp and cook until pink, about 2 minutes per side; remove from skillet.
- ☐ Heat remaining 2 teaspoons olive oil in skillet.
- ☐ Add onion, thyme, and cinnamon; cook until onions are soft, about 4 minutes. Increase heat to high and add orange juice, vinegar, tomatoes, and olives; cook until thickened, about 4 minutes.
- ☐ Add shrimp and remove from heat. Toss with farfalle and orange zest, and serve.

Nutrition Facts



Properties

Glycemic Index:50.25, Glycemic Load:19.31, Inflammation Score:-7, Nutrition Score:15.386087013328%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.75mg, Naringenin: 0.75mg, Naringenin: 0.75mg, Naringenin: 0.75mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin:

0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 8.52mg, Quercetin: 8.52mg, Quercetin: 8.52mg, Quercetin: 8.52mg

Nutrients (% of daily need)

Calories: 398.75kcal (19.94%), Fat: 7.78g (11.97%), Saturated Fat: 1.14g (7.15%), Carbohydrates: 51.09g (17.03%), Net Carbohydrates: 47.11g (17.13%), Sugar: 6.24g (6.94%), Cholesterol: 182.57mg (60.86%), Sodium: 698.02mg (30.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.52g (63.05%), Selenium: 36.23µg (51.75%), Phosphorus: 381.6mg (38.16%), Manganese: 0.73mg (36.61%), Copper: 0.69mg (34.58%), Vitamin C: 19.31mg (23.41%), Magnesium: 85.65mg (21.41%), Potassium: 677.65mg (19.36%), Zinc: 2.53mg (16.88%), Fiber: 3.98g (15.92%), Vitamin A: 623.21IU (12.46%), Calcium: 117.02mg (11.7%), Iron: 2.07mg (11.49%), Vitamin E: 1.58mg (10.53%), Vitamin B6: 0.19mg (9.58%), Vitamin K: 9.77µg (9.31%), Folate: 32.65µg (8.16%), Vitamin B3: 1.5mg (7.5%), Vitamin B1: 0.11mg (7.48%), Vitamin B5: 0.38mg (3.83%), Vitamin B2: 0.06mg (3.76%)