



Spicy Shrimp Pasta

READY IN



25 min.

SERVINGS



25

CALORIES



80 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1.3 cups cilantro leaves fresh
- 0.3 cup 1/3 cup kraft zesty italian dressing italian divided kraft
- 3 Tbsp parmesan cheese grated kraft
- 2 serrano chiles stemmed
- 1.5 lb shrimp deveined uncooked peeled
- 0.5 cup planters slivered almonds toasted
- 0.5 lb pasta like spaghetti uncooked

Equipment

frying pan

blender

Directions

Cook spaghetti as directed on package.

Drain, reserving 1 cup cooking water. Cover spaghetti to keep warm.

Blend 1 cup cooking water, 1/4 cup dressing, chiles, cilantro and nuts in blender until smooth.



Heat remaining dressing in large skillet on medium heat.

Add shrimp; cook 5 min. or until pink, stirring occasionally.

Add spaghetti and sauce mixture; mix lightly.

Serve topped with cheese.

Nutrition Facts

 **PROTEIN 36.62%**  **FAT 24.62%**  **CARBS 38.76%**

Properties

Glycemic Index:3.36, Glycemic Load:2.74, Inflammation Score:-1, Nutrition Score:3.0591304575943%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 79.68kcal (3.98%), Fat: 2.19g (3.37%), Saturated Fat: 0.32g (2%), Carbohydrates: 7.76g (2.59%), Net Carbohydrates: 7.16g (2.6%), Sugar: 0.7g (0.78%), Cholesterol: 44.34mg (14.78%), Sodium: 74.98mg (3.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.33g (14.65%), Phosphorus: 90.63mg (9.06%), Selenium: 6.1µg (8.72%), Copper: 0.16mg (7.91%), Manganese: 0.15mg (7.37%), Magnesium: 20.85mg (5.21%), Vitamin E: 0.66mg (4.39%), Vitamin K: 4.31µg (4.11%), Zinc: 0.59mg (3.96%), Potassium: 117.28mg (3.35%), Calcium: 31.43mg (3.14%), Fiber: 0.6g (2.4%), Iron: 0.37mg (2.05%), Vitamin B2: 0.03mg (1.99%), Vitamin A: 64.82IU (1.3%), Vitamin B3: 0.25mg

(1.27%), Vitamin B6: 0.02mg (1.1%)