



Whole Wheat Pasta with Shrimp and Herbs

READY IN



20 min.

SERVINGS



4

CALORIES



361 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 lb penne pasta whole wheat
- ☐ 1 serving olive oil cooking spray
- ☐ 1 lb shrimp raw peeled
- ☐ 1 serving sea salt
- ☐ 1 serving bell pepper
- ☐ 1 tablespoon olive oil extra virgin
- ☐ 0.3 cup basil fresh finely chopped
- ☐ 1 tablespoon flat parsley italian finely chopped
- ☐ 1 tablespoon thyme sprigs fresh finely chopped

☐ 0.5 cup parmesan cheese freshly grated

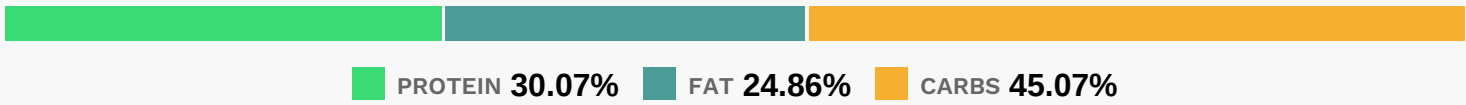
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cook the penne according to package directions.
- ☐ Drain well.
- ☐ Meanwhile, spray large skillet with olive oil cooking spray.
- ☐ Heat over medium heat until hot; add the shrimp. Salt and pepper liberally. Cook, stirring frequently 5 to 7 minutes or until opaque and thoroughly cooked.
- ☐ Remove from heat.
- ☐ In a large bowl, combine cooked pasta, shrimp, olive oil, basil, parsley, thyme and Parmesan cheese. Toss to combine.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:44.75, Glycemic Load:0.34, Inflammation Score:-9, Nutrition Score:14.970869712208%

Flavonoids

Apigenin: 2.2mg, Apigenin: 2.2mg, Apigenin: 2.2mg, Apigenin: 2.2mg Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 360.97kcal (18.05%), Fat: 9.69g (14.9%), Saturated Fat: 2.69g (16.8%), Carbohydrates: 39.51g (13.17%), Net Carbohydrates: 34.73g (12.63%), Sugar: 1.99g (2.22%), Cholesterol: 153.76mg (51.25%), Sodium: 910.64mg (39.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.35g (52.71%), Selenium: 37.97µg (54.24%), Phosphorus: 364.06mg (36.41%), Vitamin C: 28.24mg (34.23%), Vitamin K: 26.2µg (24.95%), Vitamin B12: 1.43µg

(23.79%), Vitamin A: 1141.9IU (22.84%), Fiber: 4.78g (19.1%), Calcium: 184.23mg (18.42%), Vitamin E: 2.38mg (15.86%), Vitamin B6: 0.26mg (12.81%), Zinc: 1.74mg (11.62%), Copper: 0.23mg (11.58%), Vitamin B3: 2.27mg (11.33%), Magnesium: 35.82mg (8.95%), Folate: 34.19µg (8.55%), Potassium: 211.11mg (6.03%), Manganese: 0.11mg (5.67%), Vitamin B2: 0.09mg (5.08%), Vitamin B5: 0.47mg (4.65%), Iron: 0.81mg (4.5%), Vitamin B1: 0.04mg (2.55%), Vitamin D: 0.18µg (1.17%)