



Zesty Farfalle

 Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



351 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 bunch asparagus cut into pieces 1 inch long (6 medium spears)
- 6 cherry tomatoes halved quartered
- 0.3 pound farfalle pasta uncooked (bow-tie pasta)
- 6 leaves basil fresh
- 4 ounce precooked shrimp
- 2 tablespoons balsamic vinaigrette salad dressing italian

Equipment

- pot

kitchen scissors

colander

Directions

Prep time: 5 minutes

Cooking time: About 12 minutes Cook farfalle according to package directions. Put a colander in the sink and place the shrimp in the colander.

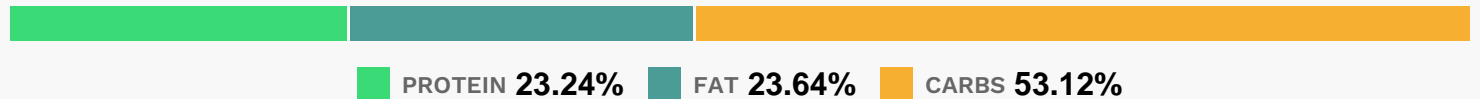
Add asparagus to the pasta water for the last 4 minutes of cooking (if the asparagus is thin, add it for the last 2 minutes).

Drain the pasta and asparagus over the shrimp in the colander. Return everything to the pot.

Add the tomatoes and vinaigrette and toss. Snip the basil into ribbons with scissors and toss with the pasta.

Serve warm. Kid-friendly version: Double the recipe and omit the fresh basil for extra-picky eaters. How kids can help: Measure pasta; place shrimp in colander; count asparagus, tomatoes, and basil leaves; wash veggies. For an authentic Italian flavor, top the pasta with fresh, grated parmesan cheese and toasted pine nuts

Nutrition Facts



Properties

Glycemic Index:72, Glycemic Load:17.35, Inflammation Score:-7, Nutrition Score:15.752173900604%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.21mg, Isorhamnetin: 3.21mg, Isorhamnetin: 3.21mg, Isorhamnetin: 3.21mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.22mg, Quercetin: 8.22mg, Quercetin: 8.22mg, Quercetin: 8.22mg

Nutrients (% of daily need)

Calories: 351.16kcal (17.56%), Fat: 9.29g (14.3%), Saturated Fat: 1.7g (10.63%), Carbohydrates: 47g (15.67%), Net Carbohydrates: 43.63g (15.86%), Sugar: 4.25g (4.72%), Cholesterol: 91.29mg (30.43%), Sodium: 77.83mg (3.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.56g (41.12%), Selenium: 37.64µg (53.78%), Vitamin K: 46.92µg (44.68%), Manganese: 0.7mg (34.91%), Phosphorus: 272.87mg (27.29%), Copper: 0.54mg (26.79%), Vitamin C: 15.05mg (18.24%), Magnesium: 63.32mg (15.83%), Vitamin A: 753.77IU (15.08%), Iron: 2.63mg (14.61%),

Potassium: 506.63mg (14.48%), Fiber: 3.38g (13.51%), Zinc: 1.95mg (12.98%), Folate: 47.11µg (11.78%), Vitamin E: 1.73mg (11.55%), Vitamin B1: 0.15mg (10.02%), Vitamin B3: 1.8mg (8.99%), Vitamin B6: 0.17mg (8.72%), Vitamin B2: 0.13mg (7.39%), Calcium: 69.96mg (7%), Vitamin B5: 0.47mg (4.67%)