



## Zesty Feta and Shrimp Summer Pasta Salad

READY IN



60 min.

SERVINGS



8

CALORIES



369 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.5 cup baby carrots chopped
- 0.5 cup balsamic vinegar
- 2.3 ounce olives diced black drained canned
- 1 pint cherry tomatoes
- 1 cucumber diced
- 16 ounce farfalle pasta uncooked (bow tie)
- 6 ounce feta cheese crumbled
- 8 servings seasoning blend salt-free to taste
- 0.5 pound cocktail shrimp frozen cooked

2 chicken breast halves boneless skinless

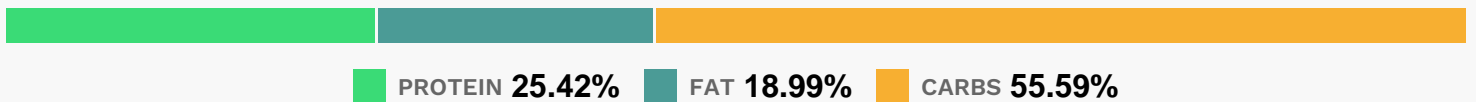
## Equipment

- bowl
- oven
- pot
- baking pan

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Place the chicken in a baking dish, and roast 25 minutes in the preheated oven, or until juices run clear.
- Remove from heat, cool, and cut into bite-size pieces.
- Bring a large pot of lightly salted water to a boil.
- Add farfalle pasta, cook 8 to 10 minutes, until al dente, and drain. Cool to room temperature.
- In a large bowl, mix the chicken, pasta, shrimp, olives, tomatoes, carrots, and cucumber. Toss with balsamic vinegar and feta cheese, and season with salt-free seasoning blend.

## Nutrition Facts



## Properties

Glycemic Index:17.38, Glycemic Load:18.69, Inflammation Score:-8, Nutrition Score:18.023043518481%

## Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

## Nutrients (% of daily need)

Calories: 369.18kcal (18.46%), Fat: 7.7g (11.85%), Saturated Fat: 3.37g (21.04%), Carbohydrates: 50.71g (16.9%), Net Carbohydrates: 47.3g (17.2%), Sugar: 6.35g (7.06%), Cholesterol: 82.65mg (27.55%), Sodium: 454.09mg (19.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.19g (46.39%), Selenium: 48.59µg (69.41%), Manganese:

0.71mg (35.59%), Phosphorus: 330.31mg (33.03%), Vitamin A: 1565.98IU (31.32%), Vitamin B6: 0.47mg (23.47%), Vitamin B3: 4.56mg (22.8%), Copper: 0.39mg (19.41%), Vitamin C: 15.26mg (18.49%), Calcium: 175.02mg (17.5%), Magnesium: 67.47mg (16.87%), Vitamin B2: 0.27mg (16.05%), Potassium: 551.69mg (15.76%), Zinc: 2.16mg (14.39%), Fiber: 3.41g (13.64%), Iron: 2.2mg (12.25%), Vitamin K: 11.93µg (11.36%), Vitamin B5: 1.06mg (10.62%), Vitamin B1: 0.14mg (9.37%), Folate: 35.85µg (8.96%), Vitamin B12: 0.42µg (6.93%), Vitamin E: 0.98mg (6.55%)