

# Pasta with Fennel, Tomatoes, Olives and Shrimp

Yield: 2 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/shrimp-spaghetti-with-black-olives-southern-living-recipe>

## Ingredients:

- 1 1/2 tablespoons olive oil
- 1/2 teaspoon fennel seeds
- 1 fennel bulb large, cored and thinly sliced lengthwise, fronds chopped and reserved
- 1 yellow onion halved and thinly sliced
- 1 pinch red pepper flakes
- coarse kosher salt
- ground black pepper
- 14 1/4 ounces Italian tomatoes preferably San Marzano
- 1/4 cup pitted kalamata olives quartered lengthwise
- 3 tablespoons dry white wine
- 1/2 pound shrimp peeled and deveined
- 8 ounces spaghetti preferably multigrain

## Nutrition:

1. Calories: 770 calories
2. Carbohydrate: 109 grams
3. Cholesterol: 170 milligrams
4. Fat: 17 grams
5. Fiber: 11 grams
6. Protein: 41 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 790 milligrams
9. Sugar: 12 grams

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