



Asparagus, Shrimp and Dill over Fettuccine

 Dairy Free

READY IN



25 min.

SERVINGS



2

CALORIES



497 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 cup asparagus fresh (1-inch)
- 0.8 cup chicken broth
- 6 oz fettuccine barilla uncooked
- 1.5 teaspoons optional: dill fresh finely chopped
- 1 tablespoon juice of lemon fresh
- 2 lemon wedges
- 2 teaspoons olive oil
- 0.5 lb shrimp deveined uncooked peeled

1 tablespoon unbleached flour all-purpose

Equipment

bowl

frying pan

dutch oven

Directions

Cook fettuccine as directed on package to desired doneness.

Drain; cover to keep warm.

Meanwhile, in small bowl, mix broth and flour. Stir in lemon juice and dill. Set aside.

In 10-inch nonstick skillet or Dutch oven, heat olive oil over medium heat until hot.

Add asparagus; cook and stir 2 minutes.

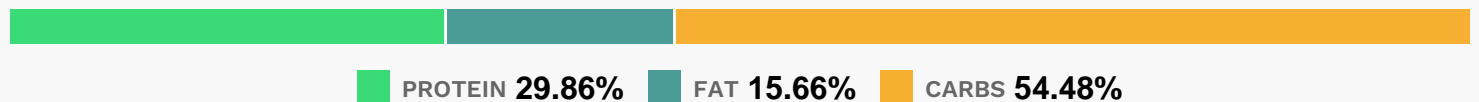
Add shrimp; cook and stir 3 minutes longer or until shrimp turn pink.

Add broth mixture to skillet; cook over medium heat, stirring frequently, until slightly thickened.

Add cooked fettuccine to skillet; toss gently to coat.

Garnish each serving with lemon wedge.

Nutrition Facts



Properties

Glycemic Index:91.75, Glycemic Load:27.88, Inflammation Score:-7, Nutrition Score:22.833043461261%

Flavonoids

Eriodictyol: 4.21mg, Eriodictyol: 4.21mg, Eriodictyol: 4.21mg, Eriodictyol: 4.21mg Hesperetin: 6.11mg, Hesperetin: 6.11mg, Hesperetin: 6.11mg, Hesperetin: 6.11mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 3.85mg, Isorhamnetin: 3.85mg, Isorhamnetin: 3.85mg Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 9.64mg, Quercetin: 9.64mg, Quercetin: 9.64mg, Quercetin: 9.64mg

Nutrients (% of daily need)

Calories: 497.46kcal (24.87%), Fat: 8.76g (13.47%), Saturated Fat: 1.73g (10.8%), Carbohydrates: 68.52g (22.84%), Net Carbohydrates: 63.69g (23.16%), Sugar: 3.89g (4.32%), Cholesterol: 255.77mg (85.26%), Sodium: 481.72mg (20.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.55g (75.1%), Selenium: 70.48µg (100.69%), Phosphorus: 493.17mg (49.32%), Manganese: 0.95mg (47.4%), Copper: 0.85mg (42.53%), Vitamin K: 30.72µg (29.25%), Magnesium: 102.15mg (25.54%), Zinc: 3.62mg (24.15%), Iron: 3.88mg (21.53%), Potassium: 695mg (19.86%), Vitamin C: 16.26mg (19.71%), Fiber: 4.83g (19.33%), Vitamin B1: 0.27mg (18.06%), Folate: 64.33µg (16.08%), Vitamin B2: 0.23mg (13.54%), Vitamin B3: 2.7mg (13.49%), Vitamin B6: 0.26mg (13.2%), Calcium: 127.84mg (12.78%), Vitamin E: 1.74mg (11.58%), Vitamin A: 571.29IU (11.43%), Vitamin B5: 1.03mg (10.28%), Vitamin B12: 0.26µg (4.4%), Vitamin D: 0.26µg (1.7%)