



## Blackened Shrimp Stroganoff

READY IN



60 min.

SERVINGS



4

CALORIES



410 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tablespoon butter
- 1 tablespoon cajun spice
- 1 tablespoon capers drained
- 1 cup chicken broth
- 1 tablespoon cornstarch
- 3 cups mushrooms fresh sliced
- 1 tablespoon olive oil
- 6 ounces fettuccini pasta
- 7 ounce roasted bell peppers red

- 1 tablespoon shallots chopped
- 1 pound shrimp fresh deveined peeled
- 0.5 cup cup heavy whipping cream sour

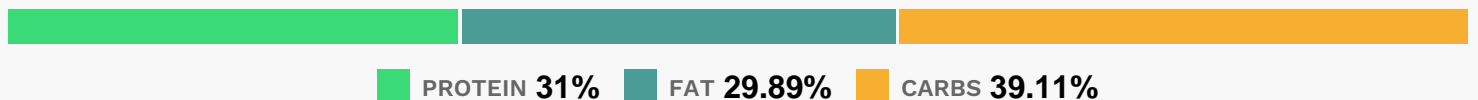
## Equipment

- bowl
- frying pan
- pot

## Directions

- Combine peeled shrimp, oil, and Cajun seasoning in a medium bowl. Set aside.
- Bring a large pot of lightly salted water to a boil.
- Add pasta and cook for 8 to 10 minutes or until al dente; drain.
- Meanwhile, melt butter over medium heat in a large frying pan. Cook and stir mushrooms and shallot in butter until tender.
- Remove from pan.
- Add shrimp cook until shrimp turn pink about 2 to 3 minutes.
- Remove from pan.
- Add 2/3 cup chicken broth to pan, and bring to a boil. Cook, uncovered, until reduced to 1/4 cup (2 to 3 minutes).
- In a small bowl, stir together sour cream and cornstarch; mix in 1 cup chicken broth. Stir into reduced chicken broth in the frying pan. Cook and stir until thick and bubbly. Cook 1 minute more. Stir in shrimp, mushroom mixture, roasted red peppers, and capers.
- Heat through, and season to taste.
- Serve over pasta.

## Nutrition Facts



## Properties

Glycemic Index:42.25, Glycemic Load:13.44, Inflammation Score:-8, Nutrition Score:18.997826065706%

## Flavonoids

Kaempferol: 2.63mg, Kaempferol: 2.63mg, Kaempferol: 2.63mg, Kaempferol: 2.63mg Quercetin: 3.45mg, Quercetin: 3.45mg, Quercetin: 3.45mg, Quercetin: 3.45mg

## Nutrients (% of daily need)

Calories: 410.22kcal (20.51%), Fat: 13.9g (21.38%), Saturated Fat: 5.53g (34.54%), Carbohydrates: 40.91g (13.64%), Net Carbohydrates: 37.47g (13.62%), Sugar: 4.18g (4.65%), Cholesterol: 208.23mg (69.41%), Sodium: 1126.78mg (48.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.43g (64.86%), Selenium: 35.27µg (50.39%), Copper: 0.9mg (44.84%), Phosphorus: 427.38mg (42.74%), Vitamin C: 25.14mg (30.48%), Manganese: 0.61mg (30.43%), Vitamin A: 1390.54IU (27.81%), Vitamin B2: 0.44mg (25.81%), Potassium: 792.09mg (22.63%), Magnesium: 82.06mg (20.51%), Vitamin B3: 3.95mg (19.73%), Zinc: 2.82mg (18.77%), Vitamin B5: 1.44mg (14.37%), Calcium: 142.04mg (14.2%), Vitamin B6: 0.28mg (14.1%), Fiber: 3.45g (13.8%), Iron: 2.42mg (13.46%), Vitamin B1: 0.13mg (8.99%), Vitamin E: 1.3mg (8.67%), Folate: 31.83µg (7.96%), Vitamin K: 4.74µg (4.52%), Vitamin B12: 0.11µg (1.78%)