



## Cajun Seafood Pasta

 Popular

READY IN



45 min.

SERVINGS



6

CALORIES



693 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 tablespoon basil fresh chopped
- 1 tablespoon thyme leaves fresh chopped
- 1 cup green onions chopped
- 1 teaspoon ground pepper white
- 2 teaspoons ground pepper black
- 2 cups heavy whipping cream
- 0.5 cup parmesan cheese grated
- 1 cup parsley chopped

- 1 pound fettuccine pasta dry
- 1.5 teaspoons pepper flakes red crushed
- 2 teaspoons salt
- 0.5 pound scallops
- 0.5 pound shrimp deveined peeled
- 0.5 cup swiss cheese shredded

## Equipment

- frying pan
- pot

## Directions

- Cook pasta in a large pot of boiling salted water until al dente.
- Meanwhile, pour cream into large skillet. Cook over medium heat, stirring constantly, until just about boiling. Reduce heat, and add herbs, salt, peppers, onions, and parsley. Simmer 7 to 8 minutes, or until thickened.
- Stir in seafood, cooking until shrimp is no longer transparent. Stir in cheeses, blending well.
- Drain pasta.
- Serve sauce over noodles.

## Nutrition Facts



**PROTEIN 17.24%** **FAT 45.91%** **CARBS 36.85%**

## Properties

Glycemic Index:46.67, Glycemic Load:23.22, Inflammation Score:-10, Nutrition Score:25.933913023575%

## Flavonoids

Apigenin: 21.58mg, Apigenin: 21.58mg, Apigenin: 21.58mg, Apigenin: 21.58mg Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 1.48mg, Myricetin: 1.48mg, Myricetin: 1.48mg, Myricetin: 1.48mg Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg

## Nutrients (% of daily need)

Calories: 693.13kcal (34.66%), Fat: 35.51g (54.64%), Saturated Fat: 21.52g (134.5%), Carbohydrates: 64.12g (21.37%), Net Carbohydrates: 60.34g (21.94%), Sugar: 4.86g (5.39%), Cholesterol: 175.2mg (58.4%), Sodium: 1173.49mg (51.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.01g (60.03%), Vitamin K: 204.39µg (194.65%), Selenium: 60.88µg (86.97%), Phosphorus: 517.06mg (51.71%), Vitamin A: 2547.59IU (50.95%), Manganese: 0.9mg (44.84%), Calcium: 285.54mg (28.55%), Vitamin C: 18.91mg (22.92%), Copper: 0.45mg (22.26%), Magnesium: 85.67mg (21.42%), Zinc: 3.09mg (20.61%), Vitamin B12: 1.04µg (17.4%), Vitamin B2: 0.29mg (17.14%), Potassium: 571.46mg (16.33%), Iron: 2.74mg (15.21%), Fiber: 3.78g (15.12%), Folate: 51.04µg (12.76%), Vitamin B6: 0.21mg (10.61%), Vitamin B3: 1.92mg (9.61%), Vitamin D: 1.31µg (8.74%), Vitamin E: 1.28mg (8.51%), Vitamin B5: 0.75mg (7.47%), Vitamin B1: 0.11mg (7.35%)