



## Cajun Shrimp and Andouille Alfredo Sauce Over Pasta

READY IN



85 min.

SERVINGS



6

CALORIES



925 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 0.5 pound andouille sausage chopped
- ☐ 0.5 cup butter
- ☐ 1.5 tablespoons cajun spice salt-free
- ☐ 1 cup celery chopped
- ☐ 6 ounces pasteurized cheese product cubed prepared
- ☐ 2 cups chicken broth
- ☐ 12 ounce fettuccine barilla
- ☐ 3 tablespoons flour all-purpose

- ☐ 3 tablespoons parsley fresh chopped
- ☐ 4 garlic cloves minced
- ☐ 1 small bell pepper green chopped
- ☐ 0.8 cup green onions chopped
- ☐ 1.5 cups heavy cream
- ☐ 1 medium onion chopped
- ☐ 0.3 cup parmesan cheese grated
- ☐ 1 pound shrimp fresh unpeeled

## Equipment

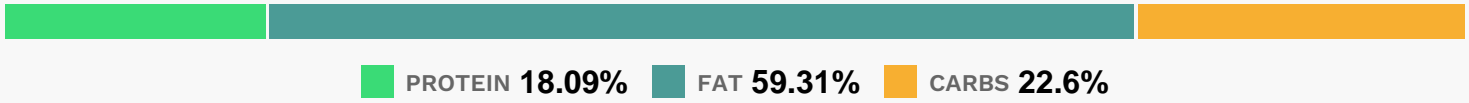
- ☐ frying pan
- ☐ oven
- ☐ aluminum foil
- ☐ dutch oven

## Directions

- ☐ Peel shrimp, and devein, if desired. Set aside.
- ☐ Prepare fettuccine according to package directions; drain pasta, and set aside.
- ☐ Cook sausage in a large Dutch oven over medium heat 10 minutes or until browned; remove sausage, and drain, reserving 1 tablespoon drippings in Dutch oven. Set sausage aside.
- ☐ Melt butter in drippings in Dutch oven over medium heat.
- ☐ Add shrimp, and cook 5 minutes or just until shrimp turn pink.
- ☐ Remove shrimp, and keep warm.
- ☐ Add onion and next 3 ingredients; cook, stirring constantly, over medium heat 10 minutes. Stir in Cajun seasoning and flour. Cook over medium heat, 1 minute, stirring constantly. Gradually stir in chicken broth. Bring to a boil over medium-high heat, stirring occasionally. Boil 1 minute. Reduce heat to medium-low, and stir in heavy cream; cook over medium-low heat 8 minutes or until mixture simmers.
- ☐ Add pasteurized cheese cubes, sausage, and shrimp, stirring until cheese melts.
- ☐ Stir in chopped green onions, Parmesan cheese, and chopped fresh parsley.

- ☐ Serve over hot cooked fettuccine.
- ☐ Note: For testing purposes only, we used Velveeta for pasteurized prepared cheese product. Freeze shrimp and andouille pasta in 3 (8 1/4- x 5 1/4- x 1-inch) disposable foil pans covered with aluminum foil.
- ☐ Place in zip-top plastic freezer bags. Freeze up to 1 month, if desired.
- ☐ Remove from freezer bag, and bake, covered, at 350 for 1 hour and 15 minutes. Or thaw in refrigerator overnight, and bake, covered, at 350 for 45 minutes. Each pan contains about two servings.

## Nutrition Facts



## Properties

Glycemic Index:54, Glycemic Load:20.15, Inflammation Score:-9, Nutrition Score:29.758260975713%

## Flavonoids

Apigenin: 4.79mg, Apigenin: 4.79mg, Apigenin: 4.79mg, Apigenin: 4.79mg Luteolin: 0.78mg, Luteolin: 0.78mg, Luteolin: 0.78mg, Luteolin: 0.78mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 5.44mg, Quercetin: 5.44mg, Quercetin: 5.44mg, Quercetin: 5.44mg

## Nutrients (% of daily need)

Calories: 925.34kcal (46.27%), Fat: 61.63g (94.82%), Saturated Fat: 27.32g (170.72%), Carbohydrates: 52.83g (17.61%), Net Carbohydrates: 49.02g (17.83%), Sugar: 5.47g (6.08%), Cholesterol: 303.83mg (101.28%), Sodium: 1196.55mg (52.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.3g (84.6%), Selenium: 66.47µg (94.96%), Vitamin K: 69.01µg (65.72%), Vitamin A: 3212.45IU (64.25%), Phosphorus: 592.02mg (59.2%), Calcium: 401.38mg (40.14%), Manganese: 0.72mg (36.09%), Zinc: 4.77mg (31.81%), Vitamin B2: 0.5mg (29.35%), Copper: 0.58mg (28.95%), Magnesium: 93.37mg (23.34%), Potassium: 767.45mg (21.93%), Vitamin B3: 4.37mg (21.87%), Vitamin C: 17.84mg (21.62%), Vitamin B1: 0.3mg (19.99%), Vitamin B6: 0.38mg (18.91%), Vitamin E: 2.65mg (17.65%), Vitamin B12: 1.04µg (17.34%), Iron: 3.11mg (17.28%), Fiber: 3.81g (15.23%), Folate: 55.27µg (13.82%), Vitamin B5: 1.27mg (12.66%), Vitamin D: 1.85µg (12.33%)