



## Company Shrimp and Mushroom Pasta

READY IN



30 min.

SERVINGS



8

CALORIES



561 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 2 cups baby bella mushrooms sliced
- 0.5 cup butter (1 stick)
- 0.5 teaspoon cayenne pepper
- 16 ounce penne pasta cooked
- 3 cloves garlic minced
- 2 cups heavy whipping cream
- 0.5 cup blend cheese shredded italian
- 1 teaspoon penzey's southwest seasoning italian
- 0.3 cup juice of lemon fresh

- 0.3 cup onion chopped
- 1 teaspoon pepper
- 1 teaspoon salt
- 2.5 pounds shrimp fresh deveined peeled
- 1 cup pkt spinach fresh
- 0.5 cup white wine

## Equipment

- bowl
- frying pan

## Directions

- In a large skillet, melt the butter over medium heat.
- Add the mushrooms, onions, and garlic. Cook until the mushrooms are tender, stirring frequently, about 5 minutes. Stir in the cream, wine, lemon juice, Italian seasoning, cayenne pepper, salt and pepper and simmer until slightly thickened, about 8 minutes.
- Mix in the shrimp, stirring frequently, until the shrimp are pink and firm, about 3 minutes.
- Add the spinach and cook for 1 minute.
- In a large serving bowl, combine the shrimp mixture and hot cooked pasta, tossing gently to coat.
- Sprinkle with the cheese.

## Nutrition Facts



**PROTEIN 25.83%** **FAT 58.07%** **CARBS 16.1%**

## Properties

Glycemic Index:33.94, Glycemic Load:8.32, Inflammation Score:-8, Nutrition Score:14.327391064685%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin:

0.08mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.16mg, Hesperetin: 1.16mg, Hesperetin: 1.16mg, Hesperetin: 1.16mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg

## **Nutrients (% of daily need)**

Calories: 560.73kcal (28.04%), Fat: 36.09g (55.52%), Saturated Fat: 21.52g (134.52%), Carbohydrates: 22.51g (7.5%), Net Carbohydrates: 20.96g (7.62%), Sugar: 2.97g (3.3%), Cholesterol: 327.35mg (109.12%), Sodium: 585.93mg (25.48%), Alcohol: 1.54g (100%), Alcohol %: 0.59% (100%), Protein: 36.12g (72.25%), Phosphorus: 405.19mg (40.52%), Copper: 0.73mg (36.25%), Vitamin A: 1639.12IU (32.78%), Selenium: 21.86µg (31.22%), Vitamin K: 23.17µg (22.07%), Manganese: 0.38mg (19.02%), Magnesium: 72.89mg (18.22%), Zinc: 2.62mg (17.46%), Potassium: 600.02mg (17.14%), Calcium: 168.77mg (16.88%), Vitamin B2: 0.23mg (13.66%), Iron: 1.9mg (10.58%), Vitamin E: 1.09mg (7.25%), Vitamin D: 0.97µg (6.47%), Vitamin C: 5.18mg (6.28%), Fiber: 1.55g (6.18%), Vitamin B6: 0.11mg (5.68%), Folate: 21.98µg (5.49%), Vitamin B5: 0.54mg (5.39%), Vitamin B3: 1.04mg (5.22%), Vitamin B1: 0.05mg (3.48%), Vitamin B12: 0.14µg (2.29%)