



Cracked Black Pepper-Shrimp Alfredo

READY IN



20 min.

SERVINGS



20

CALORIES



97 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 oz philadelphia cream cheese cubed ()
- 2 cups grape tomatoes
- 0.8 cup milk
- 0.3 cup parmesan cheese grated kraft
- 1 tsp cracked pepper black
- 1 lb shrimp frozen thawed cleaned cooked
- 0.5 lb pasta like spaghetti uncooked

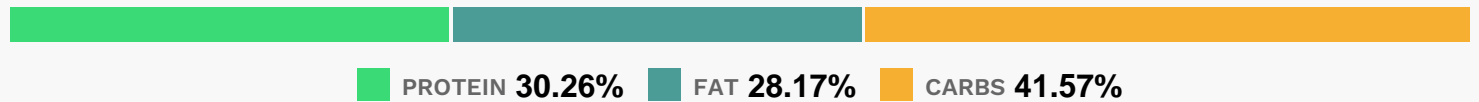
Equipment

frying pan

Directions

- Cook spaghetti as directed on package, omitting salt.
- Meanwhile, bring milk just to simmer in large nonstick skillet, stirring constantly.
- Add cream cheese, Parmesan and pepper; cook and stir 3 to 5 min. or until cream cheese is completely melted and sauce is well blended.
- Add shrimp and tomatoes; cook and stir 2 min. or until heated through.
- Drain spaghetti.
- Add to cream cheese sauce; mix lightly.

Nutrition Facts



Properties

Glycemic Index:8.85, Glycemic Load:3.82, Inflammation Score:-2, Nutrition Score:3.4539130666982%

Flavonoids

Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 96.63kcal (4.83%), Fat: 3.03g (4.66%), Saturated Fat: 1.63g (10.21%), Carbohydrates: 10.06g (3.35%), Net Carbohydrates: 9.49g (3.45%), Sugar: 1.35g (1.5%), Cholesterol: 44.79mg (14.93%), Sodium: 78.88mg (3.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.32g (14.64%), Selenium: 8.42µg (12.02%), Phosphorus: 99.58mg (9.96%), Manganese: 0.14mg (7.18%), Copper: 0.13mg (6.67%), Calcium: 50.32mg (5.03%), Vitamin A: 230.05IU (4.6%), Magnesium: 17.95mg (4.49%), Zinc: 0.63mg (4.19%), Potassium: 146.08mg (4.17%), Vitamin C: 2.04mg (2.47%), Vitamin B2: 0.04mg (2.43%), Fiber: 0.57g (2.27%), Vitamin B6: 0.04mg (1.92%), Iron: 0.33mg (1.83%), Vitamin B1: 0.02mg (1.51%), Vitamin B3: 0.3mg (1.49%), Vitamin K: 1.53µg (1.45%), Vitamin B12: 0.08µg (1.41%), Vitamin B5: 0.14mg (1.35%), Folate: 4.9µg (1.23%), Vitamin E: 0.16mg (1.04%)