



Creamy Cajun Shrimp Linguine

READY IN



45 min.

SERVINGS



4

CALORIES



378 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.5 tablespoons butter
- ☐ 1 teaspoon cajun spice
- ☐ 14 ounce less-sodium chicken broth fat-free canned
- ☐ 2 teaspoons flour all-purpose
- ☐ 0.3 cup flat-leaf parsley fresh chopped
- ☐ 0.7 cup half-and-half
- ☐ 6 ounces pasta uncooked
- ☐ 8 ounce pre mushrooms
- ☐ 1 large bell pepper red cut into (1/4-inch-thick) slices

- ☐ 0.3 teaspoon salt
- ☐ 1 pound shrimp deveined peeled
- ☐ 1 cup water

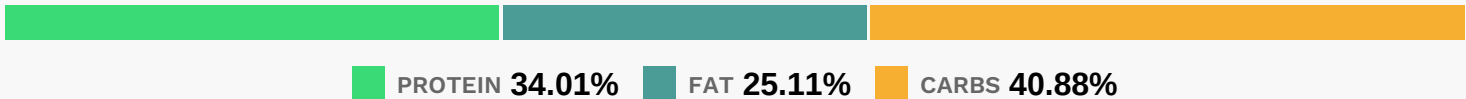
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Combine 1 cup water and broth in a Dutch oven; bring to a boil. Break pasta in half; add to pan. Bring mixture to a boil. Cover, reduce heat, and simmer for 8 minutes.
- ☐ Add shrimp to pan. Cover and simmer for 3 minutes or until shrimp are done; drain.
- ☐ Melt butter in a large skillet over medium-high heat.
- ☐ Add mushrooms and pepper to pan; saut 4 minutes or until moisture evaporates.
- ☐ Add flour, seasoning, and salt to pan; saut 30 seconds. Stir in half-and-half; cook 1 minute or until thick, stirring constantly.
- ☐ Remove from heat.
- ☐ Add pasta mixture and parsley to pan; toss.

Nutrition Facts



Properties

Glycemic Index:69.5, Glycemic Load:14.29, Inflammation Score:-9, Nutrition Score:23.61826107813%

Flavonoids

Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 378.14kcal (18.91%), Fat: 10.7g (16.47%), Saturated Fat: 5.84g (36.47%), Carbohydrates: 39.22g (13.07%), Net Carbohydrates: 36.11g (13.13%), Sugar: 5.88g (6.54%), Cholesterol: 207.98mg (69.33%), Sodium: 756.91mg (32.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.62g (65.25%), Vitamin C: 59.03mg (71.55%), Vitamin K: 64.85µg (61.76%), Selenium: 36.09µg (51.56%), Phosphorus: 437.78mg (43.78%), Vitamin A: 2119.86IU (42.4%), Copper: 0.8mg (39.81%), Manganese: 0.53mg (26.62%), Vitamin B2: 0.4mg (23.76%), Potassium: 778.56mg (22.24%), Magnesium: 80.96mg (20.24%), Vitamin B3: 3.93mg (19.65%), Zinc: 2.77mg (18.49%), Vitamin B6: 0.29mg (14.37%), Vitamin B5: 1.44mg (14.35%), Calcium: 142.8mg (14.28%), Fiber: 3.11g (12.46%), Iron: 2.15mg (11.93%), Folate: 46.29µg (11.57%), Vitamin B1: 0.14mg (9.22%), Vitamin E: 1.1mg (7.31%), Vitamin B12: 0.31µg (5.11%)