



## Creamy Cajun Shrimp Pasta

🤍 Popular

READY IN



20 min.

SERVINGS



4

CALORIES



522 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 8 ounce angel hair pasta
- 0.3 cup butter
- 2 tablespoons cajun spice
- 0.3 cup flour all-purpose
- 1 clove garlic minced
- 1 tablespoon juice of lemon
- 2 cups milk
- 0.3 teaspoon salt

1 pound shrimp deveined peeled

## Equipment

frying pan

whisk

pot

slotted spoon

## Directions

Bring a large pot of lightly salted water to a boil.

Add pasta and cook for 4 minutes or until al dente; drain.

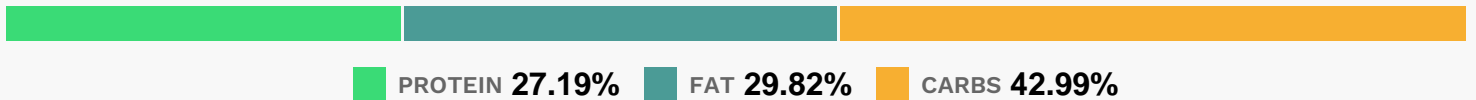
Melt butter in a large heavy skillet over medium heat.

Saute shrimp for 1 minute on each side. Stir in garlic, and cook for 1 minute.

Remove shrimp with a slotted spoon; set aside. Stir in flour and Cajun seasoning. Cook, stirring for 5 minutes. Gradually whisk in milk, then cook until thickened.

Remove from heat, and season with salt and lemon juice. Return shrimp to sauce, and spoon over cooked pasta.

## Nutrition Facts



## Properties

Glycemic Index:62.5, Glycemic Load:23.67, Inflammation Score:-9, Nutrition Score:19.122173765431%

## Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 521.92kcal (26.1%), Fat: 17.39g (26.75%), Saturated Fat: 9.92g (62.01%), Carbohydrates: 56.4g (18.8%), Net Carbohydrates: 53.13g (19.32%), Sugar: 7.88g (8.75%), Cholesterol: 227.71mg (75.9%), Sodium: 423.98mg (18.43%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.67g (71.34%), Selenium: 41.27µg (58.96%), Phosphorus: 497.33mg (49.73%), Vitamin A: 2276.37IU (45.53%), Manganese: 0.68mg (34.23%), Copper: 0.65mg (32.38%), Calcium: 248.81mg (24.88%), Magnesium: 93.03mg (23.26%), Zinc: 3.05mg (20.33%), Potassium: 707.27mg (20.21%), Vitamin B2: 0.29mg (17.07%), Iron: 2.45mg (13.61%), Fiber: 3.27g (13.1%), Vitamin B1: 0.2mg (13.02%), Vitamin B6: 0.24mg (12.24%), Vitamin B12: 0.68µg (11.38%), Vitamin E: 1.48mg (9.88%), Vitamin B3: 1.92mg (9.6%), Vitamin D: 1.34µg (8.95%), Vitamin B5: 0.85mg (8.46%), Folate: 27.42µg (6.85%), Vitamin K: 4.26µg (4.06%), Vitamin C: 1.72mg (2.08%)