



## Creamy Chive & Onion Shrimp Linguine

READY IN



25 min.

SERVINGS



25

CALORIES



70 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.5 cup philadelphia chive & onion cream cheese spread ( )
- 0.7 cup chicken broth fat-free reduced-sodium
- 1 Tbsp parsley fresh chopped
- 0.5 lb pasta uncooked
- 2 Tbsp parmesan cheese grated kraft
- 1 lb shrimp frozen thawed cleaned uncooked
- 3 Tbsp tuscan house dressing italian kraft
- 2 cups sugar snap peas fresh

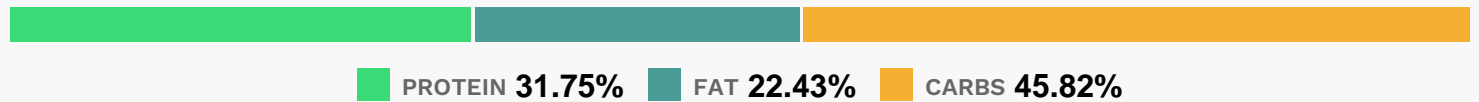
## Equipment

- bowl
- frying pan
- sauce pan

## Directions

- Cook pasta in large saucepan as directed on package, omitting salt and adding peas to the boiling water for the last 2 min.
- Meanwhile, heat dressing in large nonstick skillet on medium-high heat.
- Add shrimp; cook 3 to 4 min. or until shrimp turn pink, stirring frequently.
- Transfer to bowl; cover to keep warm.
- Add cream cheese spread and broth to skillet; cook and stir on medium heat 4 min. or until cream cheese is melted and sauce is thickened. (Do not let sauce come to boil.)
- Drain pasta mixture.
- Add to sauce with shrimp mixture; mix lightly. Top with Parmesan and parsley.

## Nutrition Facts



## Properties

Glycemic Index:2.96, Glycemic Load:2.72, Inflammation Score:-2, Nutrition Score:2.7613043620697%

## Flavonoids

Apigenin: 0.33mg, Apigenin: 0.33mg, Apigenin: 0.33mg, Apigenin: 0.33mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg

## Nutrients (% of daily need)

Calories: 69.85kcal (3.49%), Fat: 1.72g (2.65%), Saturated Fat: 0.79g (4.96%), Carbohydrates: 7.93g (2.64%), Net Carbohydrates: 7.43g (2.7%), Sugar: 0.9g (1%), Cholesterol: 32.37mg (10.79%), Sodium: 92.87mg (4.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.49g (10.99%), Selenium: 6.1µg (8.71%), Phosphorus: 63.68mg (6.37%), Vitamin C: 4.91mg (5.96%), Manganese: 0.11mg (5.51%), Copper: 0.11mg (5.26%), Vitamin K: 5.46µg (5.2%), Magnesium: 13.4mg (3.35%), Vitamin A: 145.25IU (2.91%), Zinc: 0.41mg (2.76%), Calcium: 26.55mg (2.66%),

Potassium: 88.69mg (2.53%), Iron: 0.4mg (2.22%), Fiber: 0.5g (2%), Vitamin B1: 0.02mg (1.4%), Vitamin B6: 0.03mg (1.39%), Folate: 5.24µg (1.31%), Vitamin B3: 0.24mg (1.2%), Vitamin B5: 0.11mg (1.07%)