



Creamy Fettuccine with Shrimp and Bacon

READY IN



45 min.

SERVINGS



8

CALORIES



416 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 slices bacon uncooked ()
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 cup carrots shredded
- ☐ 1 pound fettuccine barilla uncooked
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.5 cup flat-leaf parsley fresh divided chopped
- ☐ 1 garlic clove minced
- ☐ 2 cups milk 2% reduced-fat
- ☐ 4 ounces parmesan cheese grated

- ☐ 1.5 cups peas green frozen thawed
- ☐ 0.5 teaspoon salt
- ☐ 1 pound shrimp deveined peeled

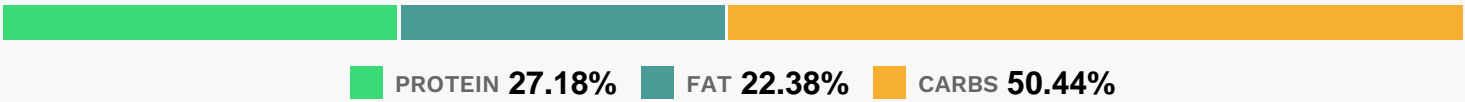
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ Drain well; keep warm.
- ☐ Cook bacon in a large nonstick skillet over medium-high heat 6 minutes or until crisp.
- ☐ Remove bacon from the pan, reserving 1 tablespoon drippings in pan. Crumble bacon; set aside.
- ☐ Add shrimp and garlic to pan; saut over medium-high heat 2 minutes.
- ☐ Add peas and carrot; cook 2 minutes or just until shrimp are done.
- ☐ Transfer shrimp mixture to a large bowl; keep warm.
- ☐ Combine milk, flour, salt, and pepper, stirring with a whisk.
- ☐ Add milk mixture to pan; cook over medium heat 3 minutes or until thickened and bubbly, stirring constantly with a whisk.
- ☐ Remove pan from heat; add cheese, stirring until blended.
- ☐ Add milk mixture to shrimp mixture; stir until combined.
- ☐ Add pasta and 1/4 cup parsley, tossing gently to coat.
- ☐ Transfer pasta mixture to a platter, or divide evenly among each of 8 plates; sprinkle evenly with remaining 1/4 cup parsley and crumbled bacon.
- ☐ Serve immediately.
- ☐ Wine note: While Heidi's pairing choice of sauvignon blanc is fine, the creaminess of this pasta dish is beautifully enhanced by chardonnaya wine with its own creaminess. A delicious, food-friendly find is Santa Rita Chardonnay "120" from the Maipo Valley of Chile. The 2004 is just \$

Nutrition Facts



Properties

Glycemic Index:38.02, Glycemic Load:19.64, Inflammation Score:-9, Nutrition Score:23.652173653893%

Flavonoids

Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 415.66kcal (20.78%), Fat: 10.33g (15.89%), Saturated Fat: 4.43g (27.69%), Carbohydrates: 52.39g (17.46%), Net Carbohydrates: 48.31g (17.57%), Sugar: 6.4g (7.11%), Cholesterol: 159.59mg (53.2%), Sodium: 551.55mg (23.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.23g (56.45%), Selenium: 53.42µg (76.32%), Vitamin A: 3417.54IU (68.35%), Vitamin K: 71.21µg (67.82%), Phosphorus: 449.98mg (45%), Manganese: 0.7mg (35.01%), Calcium: 271.37mg (27.14%), Copper: 0.47mg (23.39%), Zinc: 3.25mg (21.63%), Vitamin C: 17.04mg (20.66%), Magnesium: 78.33mg (19.58%), Fiber: 4.08g (16.33%), Vitamin B2: 0.27mg (16.02%), Vitamin B1: 0.24mg (16.01%), Potassium: 551.12mg (15.75%), Iron: 2.26mg (12.54%), Folate: 50.12µg (12.53%), Vitamin B6: 0.25mg (12.41%), Vitamin B3: 2.37mg (11.83%), Vitamin B12: 0.7µg (11.6%), Vitamin B5: 0.9mg (9.03%), Vitamin E: 0.5mg (3.3%), Vitamin D: 0.26µg (1.75%)