



Creamy Garlic Shrimp and Pasta

READY IN



10 min.

SERVINGS



4

CALORIES



746 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 9 oz pasta refrigerated
- ☐ 1 lb shells deveined uncooked peeled (tail shells removed)
- ☐ 0.3 cup chicken broth dry white reduced-sodium
- ☐ 0.3 cup alouette garlic & herbs spreadable cheese reduced-fat (from 4-oz container)
- ☐ 0.5 cup skim milk fat-free (skim)
- ☐ 3 cloves garlic finely chopped
- ☐ 0.5 teaspoon salt
- ☐ 4.5 teaspoons oregano dried fresh chopped
- ☐ 1 sprigs oregano fresh

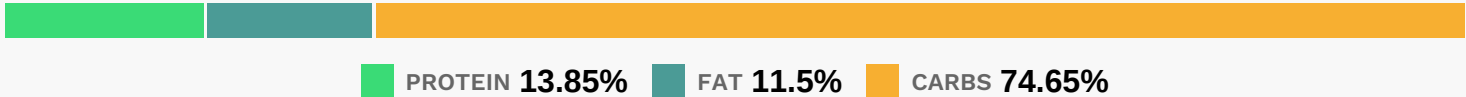
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ In 5- to 6-quart Dutch oven, heat 3 quarts water to boiling; add linguine and shrimp. Cook 3 to 4 minutes or until linguine is tender and shrimp are pink.
- ☐ Drain and return to Dutch oven; cover to keep warm.
- ☐ Meanwhile, in large nonstick skillet, heat wine, cheese, milk, garlic and salt to boiling over medium-high heat. Reduce heat; simmer 2 minutes, stirring constantly, or until slightly thickened.
- ☐ Add linguine and shrimp to sauce in skillet; toss to coat. Stir in chopped oregano just before serving.
- ☐ Garnish with oregano sprigs.

Nutrition Facts



Properties

Glycemic Index:39.31, Glycemic Load:53.93, Inflammation Score:-10, Nutrition Score:20.765652042368%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 746.27kcal (37.31%), Fat: 9.47g (14.57%), Saturated Fat: 4.26g (26.64%), Carbohydrates: 138.26g (46.09%), Net Carbohydrates: 131.37g (47.77%), Sugar: 6.43g (7.15%), Cholesterol: 21.39mg (7.13%), Sodium: 421.72mg (18.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.66g (51.32%), Selenium: 113.04µg (161.48%), Manganese: 1.8mg (90.06%), Phosphorus: 379.58mg (37.96%), Fiber: 6.89g (27.54%), Copper: 0.54mg (27.23%), Magnesium: 105.73mg (26.43%), Iron: 3.39mg (18.82%), Zinc: 2.75mg (18.34%), Vitamin B3: 3.39mg (16.97%), Vitamin K: 17.31µg (16.49%), Vitamin B6: 0.33mg (16.37%), Potassium: 502.68mg (14.36%), Calcium: 126.39mg (12.64%), Vitamin B1: 0.19mg (12.4%), Vitamin B2: 0.17mg (9.87%), Folate: 39.09µg (9.77%), Vitamin B5:

0.91mg (9.12%), Vitamin E: 0.7mg (4.66%), Vitamin B12: 0.19µg (3.21%), Vitamin D: 0.34µg (2.25%), Vitamin A: 109.46IU (2.19%)