



Creamy Garlic Shrimp and Pasta

READY IN



10 min.

SERVINGS



4

CALORIES



740 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

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

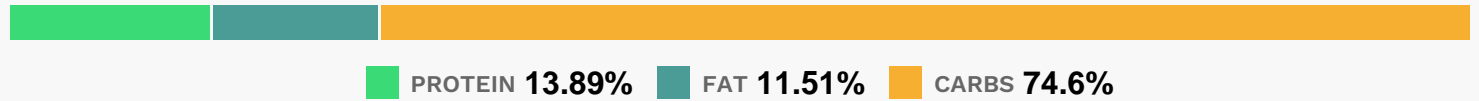
Equipment

- 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:38.06, Glycemic Load:53.9, Inflammation Score:-7, Nutrition Score:18.918260828308%

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: 740.31kcal (37.02%), Fat: 9.37g (14.42%), Saturated Fat: 4.23g (26.42%), Carbohydrates: 136.71g (45.57%), Net Carbohydrates: 130.78g (47.56%), Sugar: 6.34g (7.04%), Cholesterol: 21.39mg (7.13%), Sodium: 421.16mg (18.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.46g (50.92%), Selenium: 112.94µg (161.34%), Manganese: 1.69mg (84.45%), Phosphorus: 376.26mg (37.63%), Copper: 0.53mg (26.52%), Magnesium: 99.65mg (24.91%), Fiber: 5.93g (23.72%), Zinc: 2.69mg (17.94%), Vitamin B3: 3.29mg (16.45%), Vitamin B6: 0.3mg (15.2%), Iron: 2.56mg (14.22%), Potassium: 474.33mg (13.55%), Vitamin B1: 0.18mg (12.13%), Vitamin B2: 0.16mg (9.17%), Calcium: 90.46mg (9.05%), Vitamin B5: 0.89mg (8.91%), Folate: 33.76µg (8.44%), Vitamin B12: 0.19µg (3.21%),

Vitamin K: 3.32 μ g (3.17%), Vitamin D: 0.34 μ g (2.25%), Vitamin E: 0.29mg (1.92%), Vitamin A: 71.18IU (1.42%)