



## Creamy Garlic Shrimp and Pasta

READY IN



11 min.

SERVINGS



4

CALORIES



402 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup cheese light (3 ounces) (such as Alouette )
- 0.3 cup wine dry white
- 0.5 cup fat-free milk fat-free
- 3 garlic cloves pressed
- 9 ounce pasta fresh
- 1.5 tablespoons oregano fresh chopped
- 0.5 teaspoon salt
- 1 pound shrimp deveined peeled
- 3 quarts water

## Equipment

- frying pan
- dutch oven

## Directions

- Bring 3 quarts water to a boil in a large Dutch oven; add pasta and shrimp. Cook 3 to 4 minutes or until pasta is tender and shrimp are done.
- Drain and keep warm.
- While pasta and shrimp cook, combine wine and next 4 ingredients in a large nonstick skillet over medium–high heat. Bring to a boil. Reduce heat; simmer 2 minutes or until slightly thickened, stirring constantly.
- Add pasta and shrimp to sauce in pan, tossing to coat. Stir in chopped oregano just before serving.
- Garnish with oregano sprigs, if desired.

## Nutrition Facts



## Properties

Glycemic Index:38.06, Glycemic Load:20, Inflammation Score:0, Nutrition Score:15.524347725122%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg 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: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 402.49kcal (20.12%), Fat: 4.86g (7.48%), Saturated Fat: 2.15g (13.41%), Carbohydrates: 51.78g (17.26%), Net Carbohydrates: 48.9g (17.78%), Sugar: 3.52g (3.92%), Cholesterol: 192.91mg (64.3%), Sodium: 540.69mg (23.51%), Alcohol: 1.54g (100%), Alcohol %: 0.21% (100%), Protein: 34.68g (69.36%), Selenium: 44.01µg (62.87%), Phosphorus: 448.04mg (44.8%), Manganese: 0.77mg (38.68%), Copper: 0.76mg (38.22%), Calcium: 249.81mg

(24.98%), Magnesium: 93.94mg (23.49%), Zinc: 3.07mg (20.46%), Potassium: 543.37mg (15.52%), Iron: 2.21mg (12.25%), Fiber: 2.89g (11.54%), Vitamin K: 12.04µg (11.47%), Vitamin B6: 0.17mg (8.49%), Vitamin B2: 0.13mg (7.91%), Vitamin B3: 1.24mg (6.22%), Vitamin B1: 0.09mg (5.72%), Folate: 18.73µg (4.68%), Vitamin B12: 0.28µg (4.62%), Vitamin B5: 0.46mg (4.61%), Vitamin A: 188.93IU (3.78%), Vitamin E: 0.49mg (3.23%), Vitamin D: 0.39µg (2.62%)