



Creamy Lemon Shrimp Pasta

READY IN



20 min.

SERVINGS



20

CALORIES



113 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup chicken broth
- 6 oz philadelphia cream cheese cubed ()
- 1 Tbsp parsley fresh chopped
- 2 tsp lemon zest
- 0.5 cup low-moisture part-skim mozzarella cheese shredded kraft
- 0.3 cup parmesan cheese grated kraft
- 2 cups penne pasta uncooked
- 1.5 lb shrimp deveined uncooked peeled

Equipment

- frying pan
- sauce pan

Directions

- Cook pasta in large saucepan as directed on package, omitting salt and adding shrimp to the boiling water for the last 3 min. Meanwhile, heat broth in large skillet on medium heat.
- Add cream cheese, lemon zest and juice; cook and stir 3 to 4 min. or until cream cheese is melted.
- Drain pasta mixture.
- Add to cream cheese sauce in skillet with Parmesan; mix well.
- Top with mozzarella; cover. Cook 3 to 4 min. or until mozzarella is melted.
- Sprinkle with parsley.

Nutrition Facts

PROTEIN 35.1% **FAT 32.46%** **CARBS 32.44%**

Properties

Glycemic Index:5.05, Glycemic Load:3.51, Inflammation Score:-1, Nutrition Score:3.47739124719222%

Flavonoids

Apigenin: 0.41mg, Apigenin: 0.41mg, Apigenin: 0.41mg, Apigenin: 0.41mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg

Nutrients (% of daily need)

Calories: 113.31kcal (5.67%), Fat: 4.08g (6.28%), Saturated Fat: 2.26g (14.13%), Carbohydrates: 9.17g (3.06%), Net Carbohydrates: 8.78g (3.19%), Sugar: 0.69g (0.76%), Cholesterol: 66.36mg (22.12%), Sodium: 128.99mg (5.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.92g (19.85%), Phosphorus: 124.42mg (12.44%), Selenium: 8.71µg (12.44%), Copper: 0.17mg (8.48%), Calcium: 66.1mg (6.61%), Manganese: 0.12mg (5.98%), Zinc: 0.8mg (5.3%), Magnesium: 19.9mg (4.97%), Potassium: 133.21mg (3.81%), Vitamin K: 3.37µg (3.21%), Vitamin A: 154.72IU (3.09%), Vitamin B2: 0.04mg (2.52%), Iron: 0.36mg (2.01%), Fiber: 0.39g (1.55%), Vitamin B6: 0.02mg (1.21%), Vitamin B3: 0.22mg (1.1%), Vitamin B5: 0.11mg (1.05%)