



## Creamy Linguine with Shrimp and Veggies

READY IN



30 min.

SERVINGS



4

CALORIES



381 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 3 cups broccoli florets
- 1.5 tablespoons butter
- 1 julienne-cut carrot
- 2 garlic cloves minced
- 0.3 teaspoon ground pepper black
- 8 ounces pasta uncooked
- 8 ounces mushrooms sliced
- 1 cup onion chopped
- 1 teaspoon salt divided

- 12 ounces shrimp deveined peeled
- 6 quarts water

## Equipment

- bowl
- frying pan
- sauce pan
- sieve
- dutch oven

## Directions

- Bring 6 quarts water to a boil in a saucepan.
- Add 1/2 teaspoon salt and pasta; cook 5 minutes.
- Add broccoli; cook 3 minutes or until pasta is al dente.
- Drain through a sieve over a bowl, reserving 1/2 cup pasta water.
- Melt butter in a Dutch oven over medium-high heat.
- Add onion and mushrooms to pan; saut 5 minutes, stirring occasionally.
- Add garlic, and saut 1 minute, stirring constantly.
- Add 1/2 teaspoon salt, shrimp, and carrot; saut for 3 minutes, stirring occasionally.
- Add pasta mixture, 1/2 cup pasta water, cream cheese, and pepper to pan; cook for 3 minutes or until cheese melts and shrimp are done, stirring occasionally.
- Sustainable Choice: Look for the Marine Stewardship Counsel stamp to ensure you're making an eco-friendly choice.

## Nutrition Facts



## Properties

Glycemic Index:72.96, Glycemic Load:19.78, Inflammation Score:-10, Nutrition Score:27.456086884374%

## Flavonoids

Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 5.65mg, Kaempferol: 5.65mg, Kaempferol: 5.65mg, Kaempferol: 5.65mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 10.4mg, Quercetin: 10.4mg, Quercetin: 10.4mg, Quercetin: 10.4mg

## **Nutrients (% of daily need)**

Calories: 380.77kcal (19.04%), Fat: 6.08g (9.36%), Saturated Fat: 3.07g (19.2%), Carbohydrates: 54.49g (18.16%), Net Carbohydrates: 49.17g (17.88%), Sugar: 6.23g (6.93%), Cholesterol: 148.22mg (49.41%), Sodium: 828.47mg (36.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.9g (57.8%), Vitamin C: 66.4mg (80.48%), Vitamin K: 72.44µg (68.99%), Vitamin A: 3105.68IU (62.11%), Selenium: 43.3µg (61.86%), Copper: 0.97mg (48.32%), Manganese: 0.83mg (41.69%), Phosphorus: 403.66mg (40.37%), Magnesium: 99.99mg (25%), Potassium: 863.2mg (24.66%), Vitamin B2: 0.37mg (21.48%), Fiber: 5.33g (21.3%), Zinc: 2.79mg (18.57%), Folate: 73.56µg (18.39%), Vitamin B3: 3.66mg (18.29%), Vitamin B6: 0.35mg (17.35%), Calcium: 161.82mg (16.18%), Vitamin B5: 1.59mg (15.92%), Iron: 2.13mg (11.86%), Vitamin B1: 0.18mg (11.82%), Vitamin E: 0.83mg (5.56%)