



Creamy Seafood Pasta

READY IN



30 min.

SERVINGS



8

CALORIES



429 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 16 oz pasta uncooked
- 18.5 oz bottled clam juice traditional canned
- 1 cup milk
- 2 oz parmesan shredded
- 2 cloves garlic minced
- 2 tablespoons olive oil
- 1.5 lb shrimp deveined uncooked peeled
- 8 oz mushrooms fresh sliced (3 cups)
- 0.3 cup spring onion chopped

- 0.3 teaspoon pepper red crushed
- 0.5 cup parsley fresh chopped
- 1 serving salt and pepper to taste
- 2 oz parmesan shredded

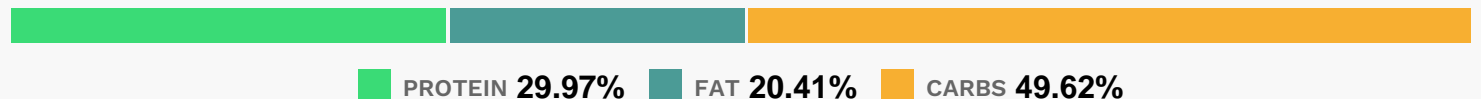
Equipment

- frying pan
- blender
- wok
- dutch oven

Directions

- In 5- to 6-quart Dutch oven, cook linguine as directed on package.
- Drain well; return to Dutch oven and cover to keep warm.
- Meanwhile, in blender, place clam chowder, milk, 1/2 cup Parmesan cheese and the garlic; blend on medium speed until mixture is smooth. Set aside.
- In 12-inch nonstick skillet or wok, heat oil over medium-high heat until hot.
- Add shrimp, mushrooms and onions; cook about 5 minutes, stirring frequently, until shrimp turn pink.
- Stir in pepper flakes and soup mixture; cook until thoroughly heated. Stir in parsley.
- Add salt and pepper to taste.
- Pour over cooked linguine in Dutch oven; toss gently to coat. Top individual servings with Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:32.5, Glycemic Load:18.04, Inflammation Score:-6, Nutrition Score:19.048260699148%

Flavonoids

Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 428.8kcal (21.44%), Fat: 9.7g (14.93%), Saturated Fat: 3.64g (22.76%), Carbohydrates: 53.07g (17.69%), Net Carbohydrates: 50.46g (18.35%), Sugar: 5.94g (6.6%), Cholesterol: 150.23mg (50.08%), Sodium: 610.06mg (26.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.05g (64.1%), Vitamin K: 70.54µg (67.18%), Selenium: 42.64µg (60.92%), Phosphorus: 454.6mg (45.46%), Copper: 0.62mg (31.07%), Manganese: 0.61mg (30.55%), Calcium: 286.82mg (28.68%), Magnesium: 78.32mg (19.58%), Zinc: 2.72mg (18.12%), Potassium: 591.92mg (16.91%), Vitamin B2: 0.25mg (14.86%), Vitamin A: 623.45IU (12.47%), Vitamin C: 9.68mg (11.74%), Vitamin B3: 2.29mg (11.44%), Fiber: 2.6g (10.41%), Iron: 1.86mg (10.32%), Vitamin B6: 0.2mg (9.87%), Vitamin B5: 0.92mg (9.24%), Vitamin B1: 0.12mg (7.8%), Folate: 29µg (7.25%), Vitamin B12: 0.37µg (6.1%), Vitamin E: 0.76mg (5.05%), Vitamin D: 0.46µg (3.09%)