



## Creamy Shrimp Alfredo

READY IN



25 min.

SERVINGS



25

CALORIES



75 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 Tbsp balsamic vinaigrette dressing kraft
- 6 oz philadelphia cream cheese cubed ()
- 0.8 cup chicken broth fat-free reduced-sodium
- 1 Tbsp parsley fresh chopped
- 3 cloves garlic minced
- 0.5 lb pasta uncooked
- 0.3 cup parmesan cheese divided grated kraft
- 0.5 lb shrimp deveined uncooked peeled

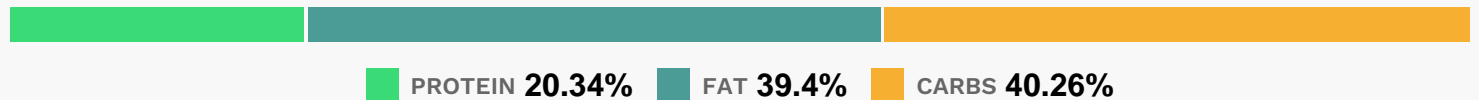
## Equipment

- frying pan
- slotted spoon

## Directions

- Cook pasta as directed on package, omitting salt.
- Meanwhile, heat dressing in large skillet on medium heat.
- Add shrimp; cook and stir 2 to 3 min. or until shrimp turn pink, adding garlic for the last minute.
- Remove shrimp from skillet with slotted spoon, reserving liquid in skillet; set shrimp aside.
- Add cream cheese and broth to reserved liquid in skillet; cook 3 to 5 min or until cream cheese is completely melted and mixture is well blended, stirring frequently. Stir in shrimp and 3 Tbsp. Parmesan.
- Drain pasta.
- Add to shrimp mixture; mix lightly.
- Sprinkle with remaining Parmesan and parsley.

## Nutrition Facts



## Properties

Glycemic Index:5.24, Glycemic Load:2.86, Inflammation Score:-1, Nutrition Score:2.0204347798844%

## Flavonoids

Apigenin: 0.33mg, Apigenin: 0.33mg, Apigenin: 0.33mg, Apigenin: 0.33mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 74.65kcal (3.73%), Fat: 3.26g (5.01%), Saturated Fat: 1.6g (10.03%), Carbohydrates: 7.49g (2.5%), Net Carbohydrates: 7.19g (2.61%), Sugar: 0.55g (0.62%), Cholesterol: 22.35mg (7.45%), Sodium: 89mg (3.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.79g (7.57%), Selenium: 6.87µg (9.81%), Phosphorus: 51.57mg (5.16%),

Manganese: 0.09mg (4.74%), Copper: 0.07mg (3.3%), Vitamin K: 2.67µg (2.54%), Calcium: 24.4mg (2.44%),  
Magnesium: 9.18mg (2.29%), Vitamin A: 112.86IU (2.26%), Zinc: 0.33mg (2.23%), Potassium: 59.33mg (1.7%), Vitamin  
B2: 0.03mg (1.56%), Fiber: 0.3g (1.21%), Vitamin B6: 0.02mg (1.15%), Iron: 0.2mg (1.12%), Vitamin B3: 0.2mg (1.02%)