



Creamy Shrimp and Pea Pasta

READY IN



45 min.

SERVINGS



4

CALORIES



462 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 ounces angel hair pasta uncooked
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons butter
- ☐ 0.8 cup half-and-half fat-free
- ☐ 0.3 cup basil fresh divided chopped
- ☐ 1 garlic clove crushed
- ☐ 0.3 cup preshredded parmesan cheese fresh
- ☐ 1.5 cups peas green frozen
- ☐ 0.8 teaspoon salt

☐ 1 pound shrimp deveined peeled

Equipment

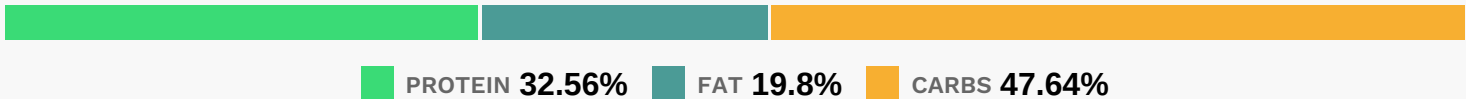
☐ frying pan

☐ colander

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ Melt butter in a large nonstick skillet over medium heat.
- ☐ Add shrimp and garlic; saut 4 minutes or until done.
- ☐ Add half-and-half, 3 tablespoons chopped basil, salt, and pepper; bring to a simmer, and cook, uncovered, 4 minutes.
- ☐ Add cheese, and cook 1 minute or until cheese melts.
- ☐ Place peas in a colander.
- ☐ Drain pasta over peas in colander.
- ☐ Add pasta and peas to shrimp mixture, and toss gently. Cook over low heat 2 minutes. Stir in remaining chopped basil.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:73.83, Glycemic Load:19.29, Inflammation Score:-7, Nutrition Score:19.881304317194%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 461.64kcal (23.08%), Fat: 10.12g (15.57%), Saturated Fat: 5.65g (35.32%), Carbohydrates: 54.8g (18.27%), Net Carbohydrates: 49.81g (18.11%), Sugar: 6.89g (7.66%), Cholesterol: 205.5mg (68.5%), Sodium: 800.08mg

(34.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.45g (74.89%), Selenium: 40.16µg (57.37%), Phosphorus: 537.35mg (53.74%), Manganese: 0.84mg (41.77%), Copper: 0.72mg (36.23%), Vitamin C: 22.65mg (27.46%), Magnesium: 100.26mg (25.07%), Calcium: 246.62mg (24.66%), Zinc: 3.61mg (24.1%), Vitamin K: 22.78µg (21.69%), Fiber: 4.99g (19.97%), Potassium: 669.65mg (19.13%), Vitamin A: 781.26IU (15.63%), Vitamin B1: 0.23mg (15.09%), Vitamin B2: 0.24mg (14.31%), Iron: 2.29mg (12.71%), Folate: 49.52µg (12.38%), Vitamin B3: 2.21mg (11.03%), Vitamin B6: 0.22mg (11.02%), Vitamin B12: 0.34µg (5.7%), Vitamin B5: 0.56mg (5.6%), Vitamin E: 0.35mg (2.33%)