



Creamy Shrimp-and-Spinach Pasta

READY IN



50 min.

SERVINGS



6

CALORIES



356 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 ounce baby portobello mushrooms fresh sliced
- ☐ 6 ounce baby spinach fresh
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon butter
- ☐ 0.3 cup cooking wine dry white
- ☐ 2 teaspoons garlic fresh minced
- ☐ 1 cup chicken broth reduced-sodium
- ☐ 0.3 teaspoon nutmeg freshly grated
- ☐ 0.3 cup parmesan cheese grated

- ☐ 0.5 teaspoon salt
- ☐ 1 pound shrimp cooked peeled 41 to 50 shrimp
- ☐ 1 large onion white chopped
- ☐ 12 ounces ziti pasta uncooked

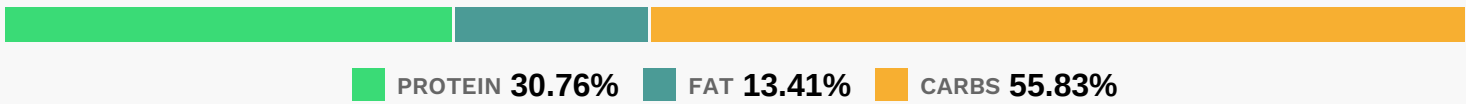
Equipment

- ☐ frying pan

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ Drain; return to pan. Stir in spinach; toss until spinach wilts. Set aside.
- ☐ Melt 1 tablespoon butter in a large nonstick skillet over medium-high heat.
- ☐ Add mushrooms, and cook, stirring occasionally, 8 minutes or until browned.
- ☐ Add onion, and saut over medium heat 10 minutes or until tender.
- ☐ Add garlic; saut 1 minute.
- ☐ Stir in chicken broth and white wine. Increase heat to medium-high, and cook, stirring often, 8 minutes or until mixture thickens slightly. Reduce heat to medium. Stir in cream cheese and next 3 ingredients until smooth.
- ☐ Add shrimp, and cook until thoroughly heated.
- ☐ Pour shrimp mixture over pasta mixture; toss to combine.
- ☐ Sprinkle evenly with grated Parmesan cheese, and serve immediately.
- ☐ *1/4 cup reduced-sodium chicken broth may be substituted.

Nutrition Facts



Properties

Glycemic Index:49.67, Glycemic Load:17.82, Inflammation Score:-9, Nutrition Score:23.0934781173%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 1.97mg, Kaempferol: 1.97mg, Kaempferol: 1.97mg, Kaempferol: 1.97mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 6.22mg, Quercetin: 6.22mg, Quercetin: 6.22mg, Quercetin: 6.22mg

Nutrients (% of daily need)

Calories: 356.2kcal (17.81%), Fat: 5.23g (8.05%), Saturated Fat: 2.44g (15.24%), Carbohydrates: 49.01g (16.34%), Net Carbohydrates: 45.6g (16.58%), Sugar: 3.82g (4.25%), Cholesterol: 131.56mg (43.85%), Sodium: 438.68mg (19.07%), Alcohol: 1.03g (100%), Alcohol %: 0.46% (100%), Protein: 27.01g (54.01%), Vitamin K: 137.54µg (130.99%), Selenium: 45.4µg (64.86%), Vitamin A: 2765.83IU (55.32%), Manganese: 0.9mg (45.21%), Phosphorus: 382.13mg (38.21%), Copper: 0.64mg (32.1%), Magnesium: 85.34mg (21.34%), Potassium: 715.46mg (20.44%), Folate: 81.15µg (20.29%), Vitamin B3: 3.46mg (17.3%), Zinc: 2.51mg (16.76%), Calcium: 149.84mg (14.98%), Fiber: 3.41g (13.66%), Iron: 2.23mg (12.4%), Vitamin B6: 0.25mg (12.4%), Vitamin C: 10.13mg (12.28%), Vitamin B2: 0.18mg (10.47%), Vitamin B5: 0.76mg (7.57%), Vitamin B1: 0.11mg (7.43%), Vitamin E: 0.73mg (4.9%), Vitamin B12: 0.14µg (2.29%)