



Creamy Shrimp Diavolo

READY IN



25 min.

SERVINGS



4

CALORIES



376 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 Tbsp balsamic vinegar
- 10 oz philadelphia herb cooking creme italian
- 0.3 tsp pepper red crushed
- 0.5 lb fettuccine barilla uncooked
- 4 cloves garlic minced
- 1 Tbsp olive oil
- 2 Tbsp parmesan cheese grated kraft
- 0.3 cup parsley italian chopped
- 8 plum tomatoes divided coarsely chopped

0.5 lb shrimp deveined uncooked peeled

Equipment

bowl

frying pan

Directions

Cook pasta as directed on package, omitting salt.

Meanwhile, heat oil in large skillet on medium-high heat.

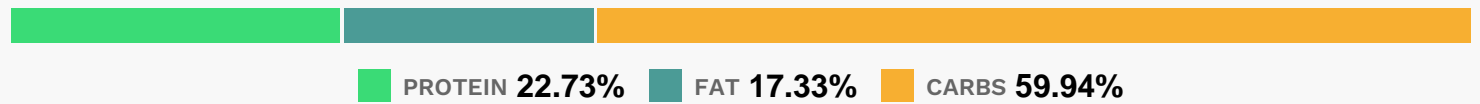
Add 3 cups tomatoes; cook 4 min. or until softened, stirring occasionally and adding garlic after 3 min.

Add shrimp; cook and stir 2 min. or until shrimp turn pink. Stir in cooking cream, vinegar and red pepper; cook and stir on medium heat 3 min. or until heated through.

Drain pasta; place in large bowl.

Add shrimp mixture, parsley, Parmesan and remaining tomatoes; toss to coat.

Nutrition Facts



Properties

Glycemic Index:48.5, Glycemic Load:18.88, Inflammation Score:-8, Nutrition Score:19.227826263594%

Flavonoids

Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg 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: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 375.54kcal (18.78%), Fat: 7.32g (11.26%), Saturated Fat: 1.64g (10.26%), Carbohydrates: 56.94g (18.98%), Net Carbohydrates: 53.35g (19.4%), Sugar: 14.42g (16.03%), Cholesterol: 141.09mg (47.03%), Sodium: 143.48mg (6.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.59g (43.19%), Vitamin K: 73.91µg (70.39%), Selenium: 46.01µg (65.73%), Manganese: 0.72mg (35.99%), Phosphorus: 311.49mg (31.15%), Vitamin A: 1442.93IU (28.86%),

Vitamin C: 22.91mg (27.77%), Copper: 0.49mg (24.34%), Potassium: 626.98mg (17.91%), Magnesium: 71.25mg (17.81%), Zinc: 2.3mg (15.34%), Fiber: 3.59g (14.36%), Vitamin B6: 0.27mg (13.34%), Iron: 2.11mg (11.71%), Calcium: 106.31mg (10.63%), Folate: 41.02µg (10.25%), Vitamin B1: 0.15mg (10.17%), Vitamin B3: 2.01mg (10.07%), Vitamin E: 1.47mg (9.83%), Vitamin B5: 0.67mg (6.7%), Vitamin B2: 0.09mg (5.37%), Vitamin B12: 0.2µg (3.3%), Vitamin D: 0.18µg (1.22%)