



Creamy Shrimp Fettuccine

READY IN



20 min.

SERVINGS



4

CALORIES



454 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 cups asparagus fresh chopped
- 4 oz philadelphia cream cheese cubed ()
- 0.5 lb fettuccine barilla uncooked
- 1 lemon zest
- 0.3 cup parmesan cheese grated kraft
- 1 lb shrimp cleaned cooked

Equipment

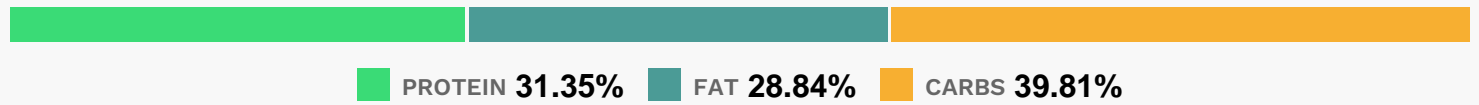
- bowl

frying pan

Directions

- Cook pasta as directed on package, adding asparagus to boiling water for the last 3 min.
- Meanwhile, heat large nonstick skillet sprayed with cooking spray on medium heat. Stir in cream cheese and juice until blended.
- Add shrimp; cook on low heat 5 min., stirring occasionally.
- Drain pasta mixture; place in large bowl.
- Add shrimp mixture; toss to coat.
- Sprinkle with Parmesan and zest.

Nutrition Facts



Properties

Glycemic Index:25.75, Glycemic Load:17.76, Inflammation Score:-7, Nutrition Score:19.184347893881%

Flavonoids

Isorhamnetin: 3.82mg, Isorhamnetin: 3.82mg, Isorhamnetin: 3.82mg, Isorhamnetin: 3.82mg Kaempferol: 0.93mg, Kaempferol: 0.93mg, Kaempferol: 0.93mg, Kaempferol: 0.93mg Quercetin: 9.37mg, Quercetin: 9.37mg, Quercetin: 9.37mg, Quercetin: 9.37mg

Nutrients (% of daily need)

Calories: 453.75kcal (22.69%), Fat: 14.68g (22.59%), Saturated Fat: 7.51g (46.91%), Carbohydrates: 45.59g (15.2%), Net Carbohydrates: 42.15g (15.33%), Sugar: 3.46g (3.84%), Cholesterol: 264.27mg (88.09%), Sodium: 346.67mg (15.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.91g (71.82%), Selenium: 50.86µg (72.65%), Phosphorus: 484.3mg (48.43%), Copper: 0.75mg (37.37%), Manganese: 0.64mg (31.82%), Vitamin K: 28.86µg (27.48%), Zinc: 3.39mg (22.57%), Magnesium: 86.92mg (21.73%), Vitamin A: 977.22IU (19.54%), Calcium: 193.26mg (19.33%), Potassium: 624.38mg (17.84%), Iron: 3.17mg (17.62%), Fiber: 3.44g (13.75%), Vitamin B2: 0.23mg (13.73%), Folate: 54.4µg (13.6%), Vitamin B1: 0.2mg (13.42%), Vitamin B6: 0.21mg (10.35%), Vitamin B3: 1.88mg (9.41%), Vitamin B5: 0.89mg (8.87%), Vitamin E: 1.25mg (8.31%), Vitamin C: 5.69mg (6.89%), Vitamin B12: 0.31µg (5.19%), Vitamin D: 0.2µg (1.34%)