



Creamy Shrimp Pasta

READY IN



25 min.

SERVINGS



6

CALORIES



392 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 cup 1/2 cup kraft lite zesty italian dressing italian kraft
- 4 oz philadelphia neufchatel cheese cubed ()
- 2 Tbsp parmesan cheese grated kraft
- 1 cup pea pods
- 3 cups penne pasta uncooked
- 2 pasilla peppers red cut into short thin strips
- 1 lb shrimp deveined uncooked peeled

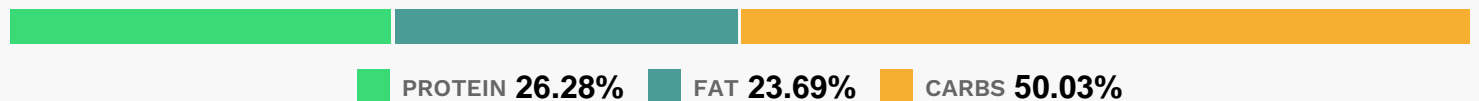
Equipment

- frying pan
- sauce pan

Directions

- Cook pasta in large saucepan as directed on package, omitting salt.
- Meanwhile, heat dressing in large skillet on medium heat.
- Add shrimp and peppers; cook and stir 3 to 4 min. or until shrimp turn pink.
- Add pea pods; cook and stir 2 min. or until heated through.
- Add Neufchatel; cook 2 to 3 min. or until Neufchatel is completely melted and mixture is well blended, stirring frequently.
- Drain pasta; return to pan.
- Add shrimp mixture; mix lightly. Top with Parmesan.

Nutrition Facts



Properties

Glycemic Index:16.83, Glycemic Load:17.57, Inflammation Score:-8, Nutrition Score:17.448260636271%

Flavonoids

Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 391.95kcal (19.6%), Fat: 10.29g (15.83%), Saturated Fat: 3.52g (21.97%), Carbohydrates: 48.88g (16.29%), Net Carbohydrates: 45.82g (16.66%), Sugar: 6.54g (7.27%), Cholesterol: 137.15mg (45.72%), Sodium: 382.33mg (16.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.68g (51.37%), Vitamin C: 60.65mg (73.52%), Selenium: 37.25µg (53.21%), Phosphorus: 326.65mg (32.66%), Vitamin A: 1599.92IU (32%), Manganese: 0.63mg (31.73%), Copper: 0.49mg (24.36%), Magnesium: 68.4mg (17.1%), Vitamin K: 17.4µg (16.57%), Zinc: 2.19mg (14.6%), Potassium: 489.63mg (13.99%), Fiber: 3.06g (12.23%), Vitamin B6: 0.24mg (12.15%), Calcium: 109.39mg (10.94%), Iron: 1.72mg (9.54%), Folate: 37.98µg (9.49%), Vitamin E: 1.27mg (8.44%), Vitamin B3: 1.51mg (7.55%), Vitamin B1: 0.11mg (7%), Vitamin B2: 0.12mg (6.8%), Vitamin B5: 0.6mg (6.05%), Vitamin B12: 0.08µg (1.32%)