



## Creamy Tomato-Basil Pasta with Shrimp

READY IN



25 min.

SERVINGS



25

CALORIES



75 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 3 cups farfalle pasta uncooked (bow-tie pasta)
- 1 cup chicken broth fat-free reduced-sodium
- 8 basil leaves fresh cut into strips
- 0.5 tsp garlic powder and pepper black
- 2 cups grape tomatoes
- 4 oz philadelphia neufchatel cheese cubed ()
- 0.5 cup parmesan cheese shredded kraft
- 1 lb shrimp deveined uncooked peeled
- 0.3 cup sun tomato vinaigrette dressing dried divided kraft

## Equipment

- frying pan
- slotted spoon

## Directions

- Cook pasta as directed on package, omitting salt. Meanwhile, heat 2 Tbsp. dressing in large skillet on medium heat.
- Add shrimp; cook and stir 2 to 3 min. or until shrimp turn pink. Use slotted spoon to remove shrimp from skillet; cover to keep warm. Discard any drippings in skillet.
- Add remaining dressing, broth and seasonings to skillet; cook 2 min. or until heated through, stirring frequently.
- Add Neufchatel; cook and stir 2 to 3 min. or until melted. Stir in tomatoes; cook 1 min.
- Drain pasta.
- Add to ingredients in skillet. Stir in Parmesan and half the basil; top with shrimp and remaining basil.

## Nutrition Facts



## Properties

Glycemic Index:8.36, Glycemic Load:2.35, Inflammation Score:-2, Nutrition Score:2.6060869152779%

## Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Nutrients (% of daily need)

Calories: 75.42kcal (3.77%), Fat: 3.04g (4.68%), Saturated Fat: 1.18g (7.36%), Carbohydrates: 6.19g (2.06%), Net Carbohydrates: 5.81g (2.11%), Sugar: 0.74g (0.83%), Cholesterol: 33.93mg (11.31%), Sodium: 107.01mg (4.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.88g (11.77%), Selenium: 5.39µg (7.7%), Phosphorus: 76.76mg (7.68%), Copper: 0.1mg (5.16%), Manganese: 0.09mg (4.48%), Calcium: 43.94mg (4.39%), Vitamin K: 4.06µg (3.87%), Magnesium: 13.03mg (3.26%), Vitamin A: 159.81IU (3.2%), Zinc: 0.46mg (3.08%), Potassium: 104.98mg

(3%), Vitamin C: 1.66mg (2.01%), Fiber: 0.38g (1.52%), Iron: 0.26mg (1.46%), Vitamin E: 0.21mg (1.41%), Vitamin B2: 0.02mg (1.31%), Vitamin B3: 0.26mg (1.3%), Vitamin B6: 0.03mg (1.3%), Folate: 4.07 $\mu$ g (1.02%)