



## Creamy Tomato Penne with Shrimp

READY IN



22 min.

SERVINGS



4

CALORIES



567 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.5 cup firmly basil leaves fresh shredded packed
- 1 cup heavy cream
- 0.5 cup parmesan cheese freshly grated
- 24 oz pasta sauce
- 8 oz penne pasta
- 0.8 pound shrimp raw peeled ()

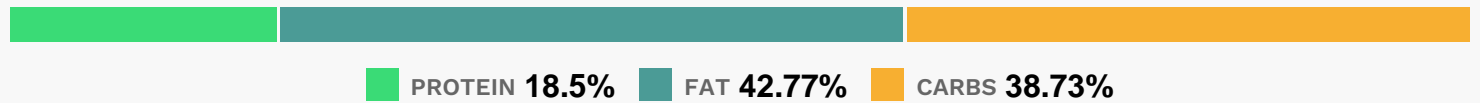
### Equipment

- sauce pan

## Directions

- Devein shrimp, if desired. Prepare pasta according to package directions.
- Meanwhile, bring pasta sauce to a boil in a medium saucepan over medium heat. Gradually stir in cheese and cream; cook, stirring often, 3 minutes or until cheese melts and mixture begins to simmer. Stir in shrimp; cook 4 minutes or just until shrimp turn pink.
- Combine sauce and pasta; toss to coat.
- Sprinkle with basil.

## Nutrition Facts



## Properties

Glycemic Index:39.25, Glycemic Load:19.96, Inflammation Score:-9, Nutrition Score:24.066521644592%

## Nutrients (% of daily need)

Calories: 567.18kcal (28.36%), Fat: 27.22g (41.88%), Saturated Fat: 15.95g (99.68%), Carbohydrates: 55.46g (18.49%), Net Carbohydrates: 51.05g (18.56%), Sugar: 9.32g (10.36%), Cholesterol: 185.27mg (61.76%), Sodium: 1525.97mg (66.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.49g (52.99%), Selenium: 68.2µg (97.43%), Phosphorus: 476.05mg (47.6%), Vitamin A: 2030.63IU (40.61%), Manganese: 0.77mg (38.61%), Vitamin E: 4.27mg (28.46%), Copper: 0.54mg (26.87%), Calcium: 236.73mg (23.67%), Potassium: 816.11mg (23.32%), Magnesium: 84.74mg (21.18%), Vitamin B3: 4.24mg (21.18%), Vitamin B6: 0.42mg (20.99%), Vitamin B12: 1.21µg (20.13%), Vitamin K: 19.64µg (18.71%), Vitamin B2: 0.31mg (18.51%), Zinc: 2.71mg (18.05%), Fiber: 4.41g (17.66%), Vitamin C: 12.8mg (15.52%), Iron: 2.76mg (15.33%), Vitamin B5: 1.23mg (12.32%), Folate: 46.84µg (11.71%), Vitamin B1: 0.13mg (8.34%), Vitamin D: 1.1µg (7.33%)