



Creamy Tomato, Poblano & Shrimp Pasta

READY IN



35 min.

SERVINGS



8

CALORIES



429 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 8 oz tomato sauce canned
- 4 oz philadelphia cream cheese cubed softened ()
- 2 Tbsp cilantro leaves fresh chopped
- 1 cup low-moisture part-skim mozzarella cheese shredded divided kraft
- 2 Tbsp parmesan cheese grated kraft
- 6 large roasted poblano chiles divided deveined peeled
- 2 lb shrimp deveined uncooked peeled
- 1 lb pasta like spaghetti uncooked

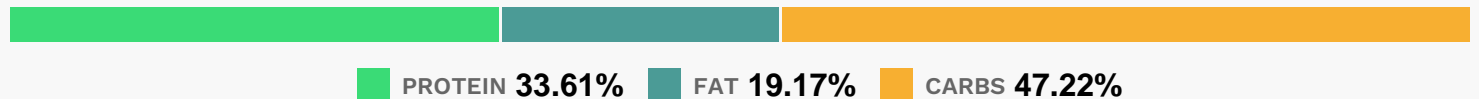
Equipment

- frying pan
- pot
- blender

Directions

- Cut 4 chiles into thin strips; set aside. Blend remaining chiles in blender with tomato sauce and cream cheese until smooth.
- Cook spaghetti in 8-qt. stockpot as directed on package, omitting salt. Meanwhile, cook shrimp, in 2 batches, in large nonstick skillet on high heat 3 min. or until shrimp turn pink, stirring frequently.
- Remove from heat; cover to keep warm.
- Drain spaghetti, reserving 1/2 cup cooking water. Return spaghetti and reserved water to pot.
- Add chile sauce, chile strips and shrimp; cook 2 min. on medium-low heat or until heated through, stirring frequently. Stir in 1/2 cup mozzarella; cook and stir 1 min. or until melted.
- Sprinkle with remaining mozzarella, cilantro and Parmesan.

Nutrition Facts



Properties

Glycemic Index:19.5, Glycemic Load:18.08, Inflammation Score:-8, Nutrition Score:21.414347765238%

Flavonoids

Luteolin: 5.79mg, Luteolin: 5.79mg, Luteolin: 5.79mg, Luteolin: 5.79mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg

Nutrients (% of daily need)

Calories: 428.6kcal (21.43%), Fat: 9.18g (14.13%), Saturated Fat: 4.83g (30.17%), Carbohydrates: 50.88g (16.96%), Net Carbohydrates: 46.55g (16.93%), Sugar: 6.17g (6.85%), Cholesterol: 206.93mg (68.98%), Sodium: 429.5mg (18.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.22g (72.45%), Vitamin C: 100.9mg (122.31%), Selenium: 39.68µg (56.68%), Phosphorus: 470.05mg (47%), Manganese: 0.74mg (37.11%), Copper: 0.73mg

(36.39%), Calcium: 235.1mg (23.51%), Magnesium: 91.25mg (22.81%), Potassium: 758.55mg (21.67%), Zinc: 3.05mg (20.35%), Vitamin B6: 0.4mg (20.14%), Fiber: 4.33g (17.33%), Vitamin A: 853.12IU (17.06%), Iron: 2.07mg (11.51%), Vitamin K: 10.81µg (10.29%), Vitamin B2: 0.17mg (9.79%), Vitamin B3: 1.86mg (9.32%), Vitamin B1: 0.13mg (8.94%), Vitamin E: 1.08mg (7.17%), Folate: 27.73µg (6.93%), Vitamin B5: 0.55mg (5.5%), Vitamin B12: 0.16µg (2.71%)