



## Dilled Shrimp with Angel Hair Pasta

READY IN



45 min.

SERVINGS



4

CALORIES



367 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 6 ounces angel hair pasta uncooked
- 0.5 cup evaporated milk fat-free
- 2 tablespoons dill or dried fresh chopped
- 2 large garlic cloves minced
- 0.8 cup green onions sliced ( 3 large)
- 3 tablespoons juice of lemon fresh (1 large)
- 0.3 cup cream cheese light tub-style
- 2 tablespoons butter reduced-calorie
- 1 pound shrimp fresh deveined peeled

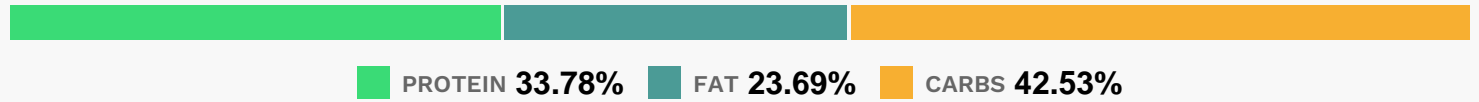
# Equipment

frying pan

# Directions

- Cook pasta according to package directions, omitting salt and fat.
- Drain.
- While pasta cooks, melt margarine in a large nonstick skillet over medium-high heat.
- Add green onions, lemon juice, and garlic; cook 2 minutes, stirring often.
- Add shrimp, and cook 5 minutes or until shrimp turn pink.
- Remove shrimp from skillet; set aside.
- Add half-and-half, cream cheese, and dill to skillet, stirring until smooth. Cook 1 to 2 minutes or until mixture is bubbly. Return shrimp to skillet, and cook until thoroughly heated.
- Combine shrimp mixture and pasta, tossing well.
- Serve immediately.

# Nutrition Facts



# Properties

Glycemic Index:26, Glycemic Load:13.19, Inflammation Score:-6, Nutrition Score:14.770869682664%

# Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg

# Nutrients (% of daily need)

Calories: 366.54kcal (18.33%), Fat: 9.7g (14.92%), Saturated Fat: 3.03g (18.94%), Carbohydrates: 39.18g (13.06%), Net Carbohydrates: 37.06g (13.48%), Sugar: 4.22g (4.69%), Cholesterol: 192.15mg (64.05%), Sodium: 293.34mg (12.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.12g (62.25%), Phosphorus: 410.28mg (41.03%),

Selenium: 28.67µg (40.95%), Vitamin K: 39.1µg (37.24%), Copper: 0.61mg (30.25%), Manganese: 0.55mg (27.26%), Magnesium: 79.92mg (19.98%), Calcium: 177.77mg (17.78%), Potassium: 613.93mg (17.54%), Zinc: 2.59mg (17.26%), Vitamin A: 621.37IU (12.43%), Iron: 2.21mg (12.29%), Vitamin C: 9.32mg (11.29%), Vitamin B2: 0.15mg (8.73%), Fiber: 2.12g (8.47%), Vitamin B6: 0.15mg (7.35%), Folate: 26.05µg (6.51%), Vitamin B1: 0.08mg (5.58%), Vitamin B12: 0.3µg (4.97%), Vitamin B5: 0.49mg (4.89%), Vitamin B3: 0.94mg (4.71%), Vitamin E: 0.44mg (2.92%)