



Easy Shrimp Fettuccine for Two

READY IN



45 min.

SERVINGS



2

CALORIES



500 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 Tbsp balsamic vinaigrette dressing kraft
- 2 oz philadelphia cream cheese cubed ()
- 0.3 lb fettuccine barilla uncooked
- 2 Tbsp basil fresh divided chopped
- 2 Tbsp parmesan cheese shredded kraft
- 0.5 lb shrimp deveined uncooked peeled
- 1 tomatoes chopped

Equipment

- bowl
- frying pan

Directions

- Pour dressing over shrimp in small bowl; stir until shrimp are evenly coated. Refrigerate 20 min. to marinate.
- Cook pasta as directed on package, omitting salt. Meanwhile, heat large skillet on medium heat.
- Add shrimp; cook 3 min. or until shrimp turn pink, stirring frequently.
- Remove shrimp from skillet; cover to keep warm.
- Add tomatoes, cream cheese and 1 Tbsp. basil to skillet; cook and stir 3 min. or until cream cheese is completely melted and sauce is well blended.
- Add shrimp; cook 2 min. or just until heated through, stirring frequently.
- Drain pasta; place on platter. Top with shrimp mixture, remaining basil and shredded cheese.

Nutrition Facts



Properties

Glycemic Index:103, Glycemic Load:18.1, Inflammation Score:-7, Nutrition Score:18.133478382359%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 500.46kcal (25.02%), Fat: 19.8g (30.47%), Saturated Fat: 7.85g (49.06%), Carbohydrates: 45.69g (15.23%), Net Carbohydrates: 42.98g (15.63%), Sugar: 4.31g (4.79%), Cholesterol: 262.23mg (87.41%), Sodium: 454.3mg (19.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.09g (70.18%), Selenium: 48.26µg (68.94%), Phosphorus: 462.64mg (46.26%), Copper: 0.68mg (33.95%), Manganese: 0.67mg (33.44%), Vitamin K: 31.97µg (30.45%), Vitamin A: 1299.56IU (25.99%), Magnesium: 88.12mg (22.03%), Zinc: 3.04mg (20.29%), Calcium: 197.92mg (19.79%), Potassium: 644.08mg (18.4%), Iron: 2.1mg (11.69%), Vitamin C: 9.56mg (11.59%), Fiber: 2.71g (10.84%), Vitamin B6: 0.2mg (10.09%), Vitamin B2: 0.15mg (8.78%), Vitamin B1: 0.13mg (8.65%), Vitamin B3: 1.65mg (8.26%), Folate: 32.85µg (8.21%), Vitamin B5: 0.77mg (7.69%), Vitamin E: 0.85mg (5.65%), Vitamin B12: 0.29µg

(4.78%), Vitamin D: 0.2µg (1.3%)