

## Easy Shrimp Pasta

READY IN



46 min.

SERVINGS



46

CALORIES



41 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.5 cup balsamic vinaigrette dressing kraft
- 0.8 lb fettuccine barilla cooked drained
- 4 oz philadelphia cream cheese cubed ()
- 0.5 cup basil leaves fresh divided chopped
- 0.3 cup italian\* five cheese blend shredded kraft finely
- 1 lb shrimp deveined uncooked peeled
- 1.3 lb tomatoes chopped

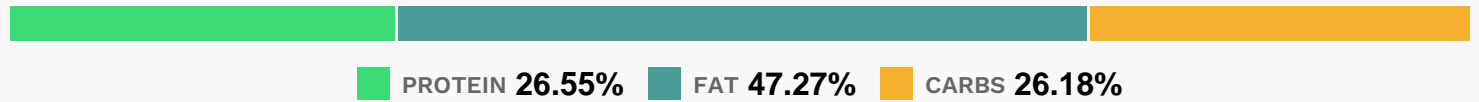
### Equipment

- bowl
- frying pan

## Directions

- Pour dressing over shrimp in bowl; cover. Refrigerate 20 min. to marinate.
- Remove shrimp from marinade; discard marinade.
- Heat large skillet on medium heat; add shrimp. Cook and stir 3 min. or until shrimp turn pink.
- Remove shrimp from skillet; cover to keep warm.
- Add tomatoes and 1/2 the basil to same skillet; cook and stir 3 min. Stir in cream cheese until blended.
- Add shrimp; cook until heated through, stirring occasionally.
- Place hot fettuccine on large serving platter; top with shrimp mixture.
- Sprinkle with remaining chopped basil and shredded cheese.

## Nutrition Facts



## Properties

Glycemic Index:4.02, Glycemic Load:1.06, Inflammation Score:-1, Nutrition Score:1.3569565248554%

## Flavonoids

Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg 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: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

## Nutrients (% of daily need)

Calories: 41kcal (2.05%), Fat: 2.17g (3.34%), Saturated Fat: 0.65g (4.08%), Carbohydrates: 2.71g (0.9%), Net Carbohydrates: 2.46g (0.89%), Sugar: 0.55g (0.62%), Cholesterol: 20.63mg (6.88%), Sodium: 44.76mg (1.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.75g (5.49%), Phosphorus: 32.66mg (3.27%), Vitamin A: 157.94IU (3.16%), Selenium: 1.98µg (2.83%), Copper: 0.05mg (2.75%), Manganese: 0.04mg (2.24%), Vitamin C: 1.85mg (2.24%), Vitamin K: 2.17µg (2.07%), Potassium: 64.03mg (1.83%), Magnesium: 6.84mg (1.71%), Zinc: 0.22mg (1.45%), Calcium: 12.84mg (1.28%)