



Easy Shrimp & Sausage Pasta

READY IN



30 min.

SERVINGS



30

CALORIES



97 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 14 oz canned tomatoes diced undrained canned
- 3 cups pasta like spaghetti hot cooked
- 6 slices oscar mayer ham smoked finely chopped
- 0.5 cup 1/2 cup kraft zesty italian dressing italian divided kraft
- 0.5 lb sausage italian sliced
- 1 cup mozzarella cheese shredded kraft
- 1 lb shrimp cleaned uncooked peeled

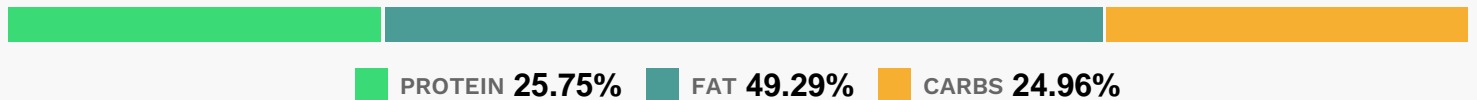
Equipment

frying pan

Directions

- Heat 1 Tbsp. of the dressing in large skillet on medium-high heat. Brown sausage 10 min., stirring occasionally.
- Add remaining dressing, ham and tomatoes; bring to boil. Reduce heat to low; simmer 7 to 10 min. or until sausage is cooked through.
- Add shrimp; cover. Cook 3 to 5 min. or until shrimp is pink.
- Serve over hot cooked spaghetti; top with mozzarella.
- Serve immediately.
- Garnish with fresh chopped parsley, if desired.

Nutrition Facts



Properties

Glycemic Index:4.72, Glycemic Load:2.28, Inflammation Score:-1, Nutrition Score:3.9386956419634%

Nutrients (% of daily need)

Calories: 97.45kcal (4.87%), Fat: 5.29g (8.14%), Saturated Fat: 1.84g (11.5%), Carbohydrates: 6.03g (2.01%), Net Carbohydrates: 5.52g (2.01%), Sugar: 1.12g (1.25%), Cholesterol: 31.22mg (10.41%), Sodium: 287.22mg (12.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.22g (12.43%), Selenium: 12.11µg (17.3%), Phosphorus: 85.77mg (8.58%), Vitamin B1: 0.09mg (6.28%), Vitamin B12: 0.36µg (5.96%), Vitamin B3: 0.99mg (4.96%), Vitamin B6: 0.1mg (4.94%), Zinc: 0.63mg (4.21%), Manganese: 0.08mg (4.06%), Copper: 0.08mg (3.88%), Calcium: 34.76mg (3.48%), Vitamin E: 0.49mg (3.24%), Iron: 0.55mg (3.04%), Potassium: 103.28mg (2.95%), Magnesium: 11.56mg (2.89%), Vitamin K: 3.03µg (2.88%), Vitamin B2: 0.05mg (2.8%), Fiber: 0.5g (2.01%), Vitamin B5: 0.17mg (1.69%), Vitamin C: 1.38mg (1.68%), Folate: 6.61µg (1.65%), Vitamin A: 82.31IU (1.65%)