



Fettuccine with Shrimp

READY IN



45 min.

SERVINGS



4

CALORIES



408 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 teaspoon chicken bouillon instant crumbled
- ☐ 1 teaspoon cornstarch
- ☐ 0.3 cup cooking wine dry white
- ☐ 8 ounces grain fettuccine whole cooked
- ☐ 1 tablespoon basil fresh chopped
- ☐ 0.3 cup flat-leaf parsley fresh chopped
- ☐ 2 cloves garlic finely chopped
- ☐ 0.3 cup parmesan grated reduced-fat
- ☐ 1 cup mushrooms sliced

- ☐ 1 tablespoon olive oil
- ☐ 1 medium onion chopped
- ☐ 1 teaspoon oregano dried fresh chopped (or)
- ☐ 1 pound shrimp shelled deveined
- ☐ 2 medium tomatoes seeded chopped

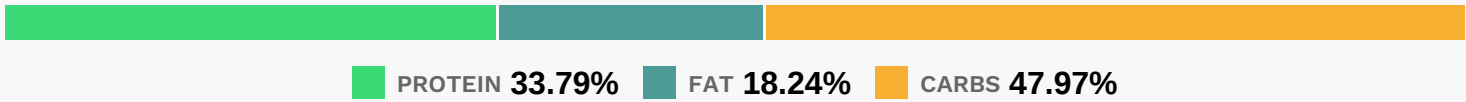
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Coat a large skillet with cooking spray.
- ☐ Heat oil over medium-high heat.
- ☐ Add mushrooms, onion and garlic, stirring, until onion is tender, 2 to 3 minutes.
- ☐ Combine 1/4 cup water with wine, basil, bouillon, cornstarch and oregano in a bowl.
- ☐ Add tomatoes and shrimp to skillet. Cook until shrimp begins to turn pink, 1 to 2 minutes. Reduce heat to low. Stir in wine mixture. Cover; simmer until shrimp is cooked through, 2 to 3 minutes more. Stir in parsley, cheese and pasta. Divide among 4 plates; serve immediately.
- ☐ Self
- ☐ See Nutrition Data's analysis of this recipe ›

Nutrition Facts



Properties

Glycemic Index:73.25, Glycemic Load:18.57, Inflammation Score:-8, Nutrition Score:21.751304486524%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.48mg,

Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg Quercetin: 5.98mg, Quercetin: 5.98mg, Quercetin: 5.98mg, Quercetin: 5.98mg

Nutrients (% of daily need)

Calories: 408.24kcal (20.41%), Fat: 8.14g (12.53%), Saturated Fat: 2.15g (13.47%), Carbohydrates: 48.18g (16.06%), Net Carbohydrates: 44.48g (16.18%), Sugar: 4.54g (5.05%), Cholesterol: 235.7mg (78.57%), Sodium: 256.09mg (11.13%), Alcohol: 1.54g (100%), Alcohol %: 0.62% (100%), Protein: 33.94g (67.88%), Vitamin K: 74.23µg (70.7%), Selenium: 48.43µg (69.19%), Phosphorus: 476.55mg (47.65%), Copper: 0.77mg (38.31%), Manganese: 0.72mg (36.2%), Magnesium: 92.08mg (23.02%), Potassium: 753.09mg (21.52%), Zinc: 3.22mg (21.46%), Vitamin C: 16.52mg (20.03%), Calcium: 193.16mg (19.32%), Vitamin A: 936.73IU (18.73%), Fiber: 3.7g (14.79%), Iron: 2.59mg (14.38%), Vitamin B6: 0.27mg (13.41%), Vitamin B3: 2.57mg (12.83%), Vitamin B2: 0.21mg (12.22%), Folate: 43.03µg (10.76%), Vitamin B1: 0.16mg (10.74%), Vitamin B5: 1.02mg (10.22%), Vitamin E: 1.19mg (7.93%), Vitamin B12: 0.32µg (5.25%), Vitamin D: 0.24µg (1.62%)