



Fettuccine With Shrimp-and-Creamy Herb Sauce

READY IN



45 min.

SERVINGS



2

CALORIES



465 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 ounces fettuccine barilla cooked
- ☐ 1.8 cups milk
- ☐ 1 ounce garlic-herb soup mix
- ☐ 0.3 cup parmesan cheese grated
- ☐ 0.5 cup peas sweet green frozen thawed
- ☐ 8 ounces shrimp frozen thawed peeled

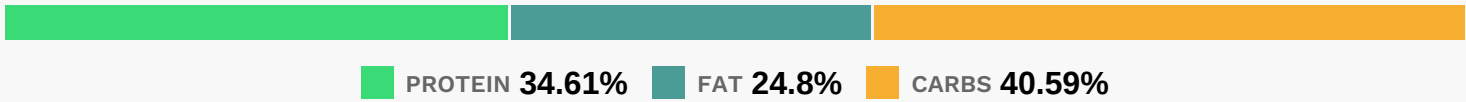
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Whisk together soup mix and milk in a 2-quart saucepan; bring to a boil, stirring constantly.
- ☐ Add shrimp and peas; reduce heat, and simmer 3 minutes or until shrimp turn pink. Toss with fettuccine; sprinkle with Parmesan.
- ☐ Fettuccine with Chicken-and-Creamy Herb Sauce: Substitute 1 cup chopped cooked chicken for shrimp and sugar snap peas for sweet peas. Complete as directed.

Nutrition Facts



Properties

Glycemic Index:66.17, Glycemic Load:15.38, Inflammation Score:-6, Nutrition Score:21.683477920035%

Nutrients (% of daily need)

Calories: 465.37kcal (23.27%), Fat: 12.86g (19.79%), Saturated Fat: 6.42g (40.11%), Carbohydrates: 47.36g (15.79%), Net Carbohydrates: 43.34g (15.76%), Sugar: 13.33g (14.81%), Cholesterol: 243.73mg (81.24%), Sodium: 1579.26mg (68.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.38g (80.76%), Phosphorus: 671.25mg (67.13%), Calcium: 485.22mg (48.52%), Selenium: 30.12µg (43.03%), Copper: 0.65mg (32.39%), Manganese: 0.57mg (28.37%), Zinc: 4.1mg (27.31%), Magnesium: 108.01mg (27%), Vitamin B2: 0.44mg (25.97%), Potassium: 865.59mg (24.73%), Vitamin B12: 1.4µg (23.3%), Vitamin B1: 0.28mg (18.96%), Vitamin C: 14.98mg (18.16%), Vitamin D: 2.5µg (16.64%), Vitamin B6: 0.32mg (16.16%), Fiber: 4.02g (16.09%), Vitamin A: 751.29IU (15.03%), Vitamin B5: 1.22mg (12.19%), Iron: 1.87mg (10.37%), Vitamin K: 10.04µg (9.56%), Vitamin B3: 1.54mg (7.7%), Folate: 30.27µg (7.57%), Vitamin E: 0.38mg (2.54%)