



Grant's Special Mardi Gras Pasta

READY IN



75 min.

SERVINGS



6

CALORIES



591 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 cup andouille sausage chopped
- 0.5 cup butter diced cold
- 1 tablespoon cooking wine dry white
- 1 tablespoon parsley fresh chopped
- 2 tablespoons garlic minced
- 1.3 tablespoons bell pepper green chopped
- 3 tablespoons green onions chopped
- 6 servings salt and ground pepper black to taste
- 1 cup heavy cream

- 1 tablespoon juice of lemon
- 0.3 cup mushrooms sliced
- 12 ounce fettuccine pasta dry
- 1.3 tablespoons bell pepper red chopped
- 1 cup shrimp fresh deveined peeled chopped
- 0.5 cup tomatoes chopped
- 1.3 tablespoons bell pepper yellow chopped

Equipment

- frying pan
- pot
- colander

Directions

- Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the fettuccine, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 8 minutes.
- Drain well in a colander set in the sink.
- Melt 1/2 cup of butter in a large skillet over medium heat, and cook and stir the green onions, mushrooms, and andouille sausage until the mushrooms begin to release their liquid, about 5 minutes. Stir in garlic and tomato, and cook, stirring often, until the garlic is fragrant, 3 minutes; stir in the shrimp, and cook and stir until the shrimp are opaque and pink, about 3 more minutes.
- Pour in white wine and lemon juice, and cook until the liquid has reduced by half, about 8 minutes.
- Pour in heavy cream, and cook until the cream has reduced and thickened. Stir in the green, red, and yellow bell pepper.
- Drop in about 2 tablespoons of the diced cold butter. Holding the skillet by the handle, swirl the sauce over medium-low heat until the butter has melted and incorporated; repeat several times with 2 more tablespoons of butter until all remaining butter is incorporated.
- Remove the sauce from the heat, and stir in parsley. Season to taste with salt and black pepper. Gently toss the sauce with the cooked fettuccine to serve.

Nutrition Facts

PROTEIN 14.03% FAT 54.85% CARBS 31.12%

Properties

Glycemic Index:57.5, Glycemic Load:17.54, Inflammation Score:-7, Nutrition Score:14.587391293567%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.37mg, Hesperetin: 0.37mg, Hesperetin: 0.37mg, Hesperetin: 0.37mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 591.08kcal (29.55%), Fat: 36.17g (55.64%), Saturated Fat: 20.8g (130%), Carbohydrates: 46.16g (15.39%), Net Carbohydrates: 43.87g (15.95%), Sugar: 3.63g (4.03%), Cholesterol: 165.93mg (55.31%), Sodium: 345.64mg (15.03%), Alcohol: 0.26g (100%), Alcohol %: 0.16% (100%), Protein: 20.81g (41.62%), Selenium: 42.08µg (60.12%), Manganese: 0.62mg (31.2%), Vitamin A: 1330.7IU (26.61%), Phosphorus: 262.7mg (26.27%), Vitamin K: 21.25µg (20.24%), Copper: 0.37mg (18.68%), Vitamin C: 13.25mg (16.06%), Magnesium: 54.75mg (13.69%), Zinc: 2.03mg (13.54%), Vitamin B3: 2.52mg (12.6%), Potassium: 422.9mg (12.08%), Vitamin B2: 0.18mg (10.47%), Vitamin B6: 0.2mg (9.98%), Fiber: 2.29g (9.15%), Vitamin B1: 0.13mg (8.63%), Iron: 1.45mg (8.06%), Calcium: 80.29mg (8.03%), Vitamin E: 1.18mg (7.87%), Vitamin B5: 0.62mg (6.19%), Vitamin D: 0.92µg (6.12%), Folate: 20.33µg (5.08%), Vitamin B12: 0.29µg (4.84%)