



## Herbed Linguine with Shrimp

READY IN



45 min.

SERVINGS



2

CALORIES



429 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 3 tablespoons basil fresh chopped
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 0.5 cup half-and-half
- ☐ 4 ounces pasta fresh
- ☐ 2 tablespoons preshredded parmesan cheese fresh
- ☐ 0.3 teaspoon salt
- ☐ 0.5 pound shrimp cooked peeled
- ☐ 0.3 cup cup heavy whipping cream fat-free sour

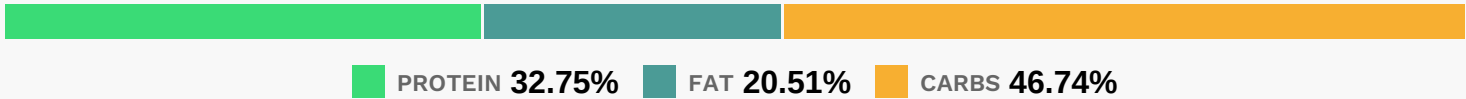
# Equipment

☐ frying pan

# Directions

- ☐ Cook pasta according to package directions, omitting salt and fat; drain.
- ☐ Combine the linguine, half-and-half, and the next 4 ingredients (half-and-half through salt) in a large nonstick skillet. Cook over medium heat for 5 minutes. Stir in shrimp; cook for 1 minute or until thoroughly heated.
- ☐ Remove from heat, and stir in sour cream.

# Nutrition Facts



# Properties

Glycemic Index:85.5, Glycemic Load:17.12, Inflammation Score:-6, Nutrition Score:18.015652357884%

# Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

# Nutrients (% of daily need)

Calories: 429kcal (21.45%), Fat: 9.73g (14.98%), Saturated Fat: 5.35g (33.45%), Carbohydrates: 49.92g (16.64%), Net Carbohydrates: 47.92g (17.43%), Sugar: 4.21g (4.68%), Cholesterol: 209.73mg (69.91%), Sodium: 588.93mg (25.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.97g (69.94%), Vitamin K: 78.98µg (75.22%), Selenium: 40.43µg (57.76%), Phosphorus: 473.32mg (47.33%), Copper: 0.64mg (31.83%), Manganese: 0.6mg (30.03%), Calcium: 255.36mg (25.54%), Magnesium: 84.79mg (21.2%), Zinc: 2.9mg (19.36%), Potassium: 578.43mg (16.53%), Vitamin A: 821.74IU (16.43%), Vitamin B2: 0.22mg (12.78%), Iron: 1.74mg (9.69%), Fiber: 1.99g (7.98%), Vitamin C: 6.4mg (7.76%), Vitamin B6: 0.13mg (6.47%), Folate: 23.65µg (5.91%), Vitamin B1: 0.09mg (5.81%), Vitamin B3: 1.14mg (5.71%), Vitamin B5: 0.46mg (4.64%), Vitamin B12: 0.26µg (4.35%), Vitamin E: 0.28mg (1.86%)