



I Love You Fettuccine with Shrimp

READY IN



45 min.

SERVINGS



4

CALORIES



800 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 14 oz canned tomatoes diced canned
- 1 tablespoon curly-leaf parsley italian chopped
- 1 pound fettuccine barilla fresh
- 3 cloves garlic minced pressed
- 1 tablespoon olive oil
- 5 oz onion peeled chopped
- 4 servings salt and pepper
- 1 pound shrimp deveined rinsed peeled per lb.), , , and
- 1 cup whipping cream

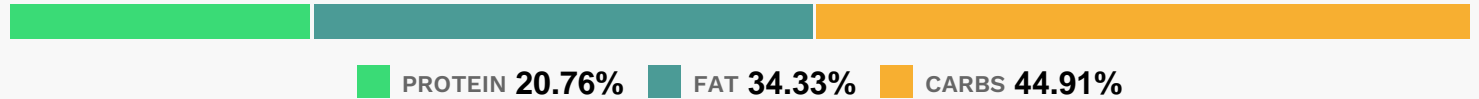
Equipment

- frying pan

Directions

- In a covered 5- to 6-quart pan over high heat, bring about 3 quarts water to a boil.
- Meanwhile, in a 10- to 12-inch frying pan over medium heat, frequently stir oil, onion, and garlic until onion is limp, about 5 minutes.
- Add cream and tomatoes (with juice) to frying pan. Bring to a boil over high heat.
- Add shrimp and stir often until pink, 3 to 4 minutes.
- Add parsley and salt and pepper to taste.
- Remove from heat and keep warm.
- When shrimp is in pan, add fettuccine to boiling water and cook just until pasta is tender to bite, 3 to 4 minutes.
- Drain well; return pasta to pan.
- Stir shrimp mixture with pasta.

Nutrition Facts



Properties

Glycemic Index:33.25, Glycemic Load:34.86, Inflammation Score:-8, Nutrition Score:26.104347871697%

Flavonoids

Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.78mg, Isorhamnetin: 1.78mg, Isorhamnetin: 1.78mg, Isorhamnetin: 1.78mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 7.73mg, Quercetin: 7.73mg, Quercetin: 7.73mg, Quercetin: 7.73mg

Nutrients (% of daily need)

Calories: 799.83kcal (39.99%), Fat: 30.78g (47.35%), Saturated Fat: 15.66g (97.85%), Carbohydrates: 90.6g (30.2%), Net Carbohydrates: 85.18g (30.97%), Sugar: 7.76g (8.63%), Cholesterol: 345.06mg (115.02%), Sodium:

512.93mg (22.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.88g (83.75%), Selenium: 91.74µg (131.06%), Manganese: 1.17mg (58.47%), Phosphorus: 583.62mg (58.36%), Copper: 0.88mg (43.87%), Magnesium: 125.15mg (31.29%), Zinc: 4.08mg (27.17%), Potassium: 885.5mg (25.3%), Vitamin A: 1146.2IU (22.92%), Vitamin K: 24.04µg (22.89%), Vitamin B6: 0.45mg (22.36%), Iron: 3.96mg (22.01%), Fiber: 5.42g (21.67%), Calcium: 196.05mg (19.61%), Vitamin B1: 0.27mg (18.07%), Vitamin C: 14.24mg (17.26%), Vitamin B2: 0.28mg (16.56%), Vitamin B3: 3.2mg (15.98%), Vitamin E: 2.16mg (14.41%), Vitamin B5: 1.36mg (13.64%), Folate: 51.52µg (12.88%), Vitamin D: 1.29µg (8.61%), Vitamin B12: 0.42µg (7.07%)