



Quick Shrimp & Linguini

READY IN



25 min.

SERVINGS



25

CALORIES



34 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 slices oscar mayer bacon crumbled cooked
- 0.3 cup knudsen cream fat free sour
- 4 oz pasta refrigerated cooked drained
- 1 Tbsp olive oil
- 0.5 cup peas frozen
- 0.5 lb shrimp deveined peeled (16 to 20 count)
- 0.8 cup classico tomato and basil pasta sauce

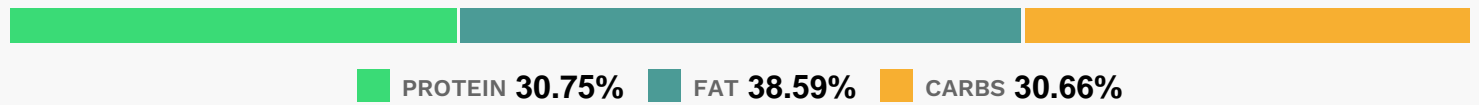
Equipment

frying pan

Directions

- Heat oil in large skillet on medium-high heat.
- Add shrimp; cook 3 to 5 min. or until shrimp turn pink.
- Reduce heat to low; stir in sauce, peas, sour cream and bacon. Cook until heated through, stirring frequently.
- Add hot pasta; toss to coat.

Nutrition Facts



Properties

Glycemic Index:3.71, Glycemic Load:0.75, Inflammation Score:-1, Nutrition Score:1.1013043492061%

Nutrients (% of daily need)

Calories: 33.92kcal (1.7%), Fat: 1.45g (2.23%), Saturated Fat: 0.34g (2.16%), Carbohydrates: 2.59g (0.86%), Net Carbohydrates: 2.22g (0.81%), Sugar: 0.47g (0.52%), Cholesterol: 15.97mg (5.32%), Sodium: 39.99mg (1.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.6g (5.19%), Phosphorus: 29.9mg (2.99%), Selenium: 1.73µg (2.46%), Copper: 0.05mg (2.31%), Vitamin C: 1.34mg (1.62%), Manganese: 0.03mg (1.48%), Potassium: 51.48mg (1.47%), Fiber: 0.37g (1.47%), Zinc: 0.21mg (1.42%), Magnesium: 5.39mg (1.35%), Calcium: 11.02mg (1.1%), Vitamin A: 51.2IU (1.02%), Vitamin K: 1.06µg (1.01%)