



Ragin' Cajun Pasta

READY IN



35 min.

SERVINGS



4

CALORIES



547 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 cup broccoli florets
- 0.3 cup butter
- 2 teaspoons cajun spice
- 1 cup chicken breast cubed cooked
- 0.5 pound fettuccine barilla
- 2 cloves garlic minced
- 0.5 bell pepper green chopped
- 3 green onions chopped
- 4 servings ground pepper fresh black to taste

- 0.8 cup milk
- 4 mushrooms sliced
- 2 tablespoons parmesan cheese grated
- 2 roma tomatoes diced
- 0.5 pound shrimp deveined peeled
- 0.3 cup sausage smoked sliced
- 0.3 cup white wine

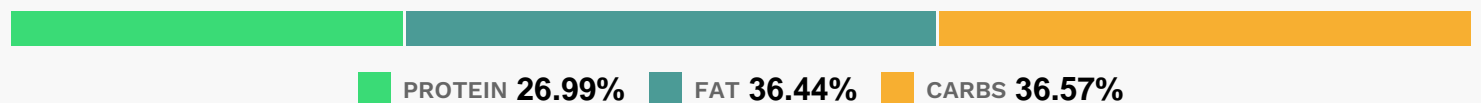
Equipment

- bowl
- frying pan
- pot

Directions

- Bring a large pot of lightly salted water to a rolling boil.
- Boil the fettuccine until cooked through yet firm to the bite, about 8 minutes; drain and transfer pasta to a large serving bowl.
- Heat the butter and garlic in a large skillet over medium-high heat; stir in the sausage, tomatoes, broccoli, bell pepper, mushrooms and green onion.
- Cook and stir until the sausage is browned and vegetables are tender.
- Stir in chicken, shrimp, white wine, cajun seasoning, milk, and 1/4 cup Parmesan cheese. Cook and stir until shrimp until they are bright pink on the outside and the meat is no longer transparent in the center, 3 to 5 minutes.
- Serve over pasta and sprinkle with pepper and 2 tablespoons Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:92, Glycemic Load:18.95, Inflammation Score:-8, Nutrition Score:25.875217417012%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Kaempferol: 1.95mg, Kaempferol: 1.95mg, Kaempferol: 1.95mg, Kaempferol: 1.95mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg

Nutrients (% of daily need)

Calories: 546.87kcal (27.34%), Fat: 21.86g (33.63%), Saturated Fat: 10.99g (68.66%), Carbohydrates: 49.35g (16.45%), Net Carbohydrates: 45.43g (16.52%), Sugar: 5.7g (6.34%), Cholesterol: 216.82mg (72.27%), Sodium: 390.54mg (16.98%), Alcohol: 1.54g (100%), Alcohol %: 0.58% (100%), Protein: 36.42g (72.85%), Selenium: 60.85µg (86.92%), Vitamin C: 39.09mg (47.38%), Phosphorus: 472.54mg (47.25%), Vitamin K: 48µg (45.71%), Vitamin B3: 7.8mg (38.99%), Manganese: 0.71mg (35.75%), Vitamin A: 1530.74IU (30.61%), Vitamin B6: 0.56mg (27.94%), Copper: 0.54mg (27.05%), Potassium: 781.46mg (22.33%), Magnesium: 88.32mg (22.08%), Zinc: 3.19mg (21.25%), Vitamin B2: 0.33mg (19.53%), Calcium: 173.3mg (17.33%), Vitamin B1: 0.25mg (16.59%), Vitamin B5: 1.63mg (16.32%), Fiber: 3.93g (15.71%), Iron: 2.71mg (15.06%), Vitamin B12: 0.81µg (13.48%), Folate: 49.31µg (12.33%), Vitamin E: 1.41mg (9.42%), Vitamin D: 0.92µg (6.1%)