



Scim's Fettucine Alfredo with Shrimp

READY IN



50 min.

SERVINGS



4

CALORIES



939 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup butter
- ☐ 0.5 pound mushrooms fresh sliced
- ☐ 1 pint heavy cream
- ☐ 0.8 cup parmesan cheese grated
- ☐ 8 ounces fettuccine pasta dry
- ☐ 15 medium shrimp deveined cooked peeled

Equipment

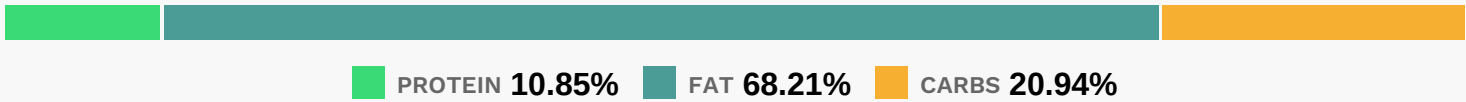
- ☐ sauce pan

☐ pot

Directions

- ☐ In large saucepan, over low heat, combine butter and cream, stirring occasionally until butter is melted.
- ☐ Add mushrooms, cooked shrimp and Parmesan, stir and cover and simmer 15 minutes, or until sauce begins to thicken.
- ☐ While sauce is simmering, bring a large pot of lightly salted water to a boil.
- ☐ Add pasta and cook for 8 to 10 minutes or until al dente; drain. Toss sauce with hot pasta and serve.

Nutrition Facts



Properties

Glycemic Index:31, Glycemic Load:17.44, Inflammation Score:-9, Nutrition Score:19.616086949473%

Nutrients (% of daily need)

Calories: 939.29kcal (46.96%), Fat: 72.21g (111.09%), Saturated Fat: 44.92g (280.76%), Carbohydrates: 49.89g (16.63%), Net Carbohydrates: 47.51g (17.27%), Sugar: 6.12g (6.8%), Cholesterol: 271.37mg (90.46%), Sodium: 593.38mg (25.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.83g (51.67%), Selenium: 51.5µg (73.57%), Vitamin A: 2610.2IU (52.2%), Phosphorus: 430.47mg (43.05%), Vitamin B2: 0.56mg (32.86%), Calcium: 288.24mg (28.82%), Manganese: 0.58mg (28.8%), Copper: 0.51mg (25.57%), Zinc: 2.72mg (18.12%), Potassium: 559.43mg (15.98%), Magnesium: 63.69mg (15.92%), Vitamin B3: 3.11mg (15.56%), Vitamin B5: 1.49mg (14.87%), Vitamin D: 2.1µg (14%), Vitamin E: 1.91mg (12.74%), Vitamin B6: 0.2mg (9.85%), Fiber: 2.38g (9.53%), Vitamin B12: 0.51µg (8.56%), Vitamin B1: 0.13mg (8.47%), Iron: 1.42mg (7.91%), Folate: 26.55µg (6.64%), Vitamin K: 6.15µg (5.85%), Vitamin C: 1.9mg (2.3%)