



Shrimp Alfredo Pasta

READY IN



45 min.

SERVINGS



8

CALORIES



529 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 16 ounce angel hair pasta
- ☐ 1 cup butter melted
- ☐ 1 teaspoon garlic powder
- ☐ 0.5 small bell pepper diced green
- ☐ 0.5 teaspoon ground cumin
- ☐ 16 ounce pasta sauce alfredo-style
- ☐ 0.5 small onion red finely chopped
- ☐ 2 pounds shrimp fresh deveined peeled

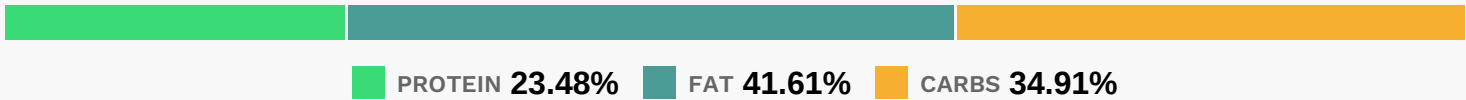
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ pot

Directions

- ☐ In a saucepan over low-temperature, heat the Alfredo sauce. Bring a large pot of lightly salted water to a boil.
- ☐ Add pasta and cook for 8 minutes or until al dente; drain.
- ☐ Boil shrimp in a large pot of water until they turn orange. Then place in bowl with melted butter.
- ☐ Let shrimp marinate for 15 to 30 minutes; remove. In a large skillet over medium heat, saute the green pepper and onion in a small amount of oil.
- ☐ Mix together the cooked pasta, shrimp, pepper-onion mixture and Alfredo sauce. Season with garlic powder and cumin.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:18.17, Inflammation Score:-6, Nutrition Score:14.063043596952%

Flavonoids

Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

Nutrients (% of daily need)

Calories: 529.18kcal (26.46%), Fat: 24.66g (37.94%), Saturated Fat: 14.89g (93.05%), Carbohydrates: 46.55g (15.52%), Net Carbohydrates: 43.64g (15.87%), Sugar: 3.96g (4.4%), Cholesterol: 243.58mg (81.19%), Sodium: 590.4mg (25.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.31g (62.62%), Selenium: 36.59µg (52.27%), Phosphorus: 377.05mg (37.7%), Copper: 0.68mg (34.06%), Manganese: 0.64mg (32.02%), Magnesium:

80.71mg (20.18%), Vitamin A: 973.44IU (19.47%), Potassium: 625.86mg (17.88%), Zinc: 2.5mg (16.69%), Fiber: 2.91g (11.63%), Iron: 2.01mg (11.17%), Vitamin E: 1.56mg (10.42%), Calcium: 102.73mg (10.27%), Vitamin C: 8.21mg (9.95%), Vitamin B6: 0.16mg (8.11%), Vitamin B3: 1.58mg (7.88%), Vitamin B2: 0.08mg (4.98%), Vitamin B1: 0.07mg (4.95%), Vitamin B5: 0.47mg (4.67%), Folate: 18.12µg (4.53%), Vitamin K: 4.01µg (3.82%)