



Shrimp Alfredo Primavera



Dairy Free



Popular

READY IN



20 min.

SERVINGS



4

CALORIES



481 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 oz farfalle pasta uncooked (farfalle)
- ☐ 2 slices bacon cut into 1/2-inch pieces
- ☐ 1.5 cups peas sweet frozen (from 12 oz bag)
- ☐ 0.3 cup water
- ☐ 1 lb shrimp frozen thawed deveined uncooked peeled
- ☐ 0.8 cup alfredo sauce refrigerated (from 10-oz container)
- ☐ 2 tablespoons chives fresh chopped

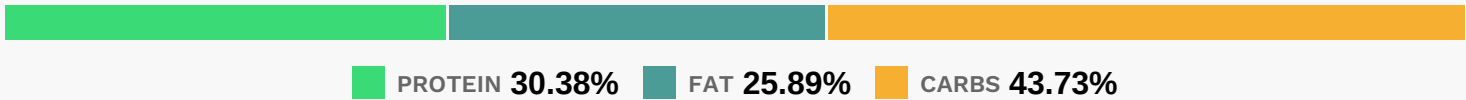
Equipment

☐ frying pan

Directions

- ☐ Cook and drain pasta as directed on package.
- ☐ Meanwhile, in 12-inch nonstick skillet, cook bacon over medium heat 4 to 5 minutes, stirring occasionally, until crisp. Stir in peas; cook 2 minutes, stirring occasionally.
- ☐ Add water; cover and cook 3 to 5 minutes or until peas are tender and water has evaporated.
- ☐ Add shrimp; cook 2 to 3 minutes, stirring occasionally, until shrimp are pink and firm.
- ☐ Stir in Alfredo sauce and pasta. Cook over medium-low heat, stirring occasionally, until thoroughly heated.
- ☐ Sprinkle with chives.

Nutrition Facts



Properties

Glycemic Index:32.83, Glycemic Load:19.13, Inflammation Score:-6, Nutrition Score:17.010869366967%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 480.81kcal (24.04%), Fat: 13.65g (21.01%), Saturated Fat: 5.59g (34.92%), Carbohydrates: 51.91g (17.3%), Net Carbohydrates: 46.96g (17.08%), Sugar: 5.37g (5.97%), Cholesterol: 220.33mg (73.44%), Sodium: 527.2mg (22.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.06g (72.12%), Selenium: 39.04µg (55.77%), Phosphorus: 425.27mg (42.53%), Manganese: 0.79mg (39.35%), Copper: 0.71mg (35.61%), Vitamin C: 22.62mg (27.42%), Magnesium: 89.78mg (22.45%), Zinc: 3.13mg (20.89%), Fiber: 4.95g (19.8%), Potassium: 584.7mg (16.71%), Vitamin K: 16.74µg (15.94%), Vitamin B1: 0.23mg (15.15%), Vitamin B3: 2.55mg (12.76%), Iron: 2.2mg (12.2%), Folate: 47.12µg (11.78%), Vitamin B6: 0.2mg (10.19%), Calcium: 100.45mg (10.04%), Vitamin A: 485.33IU (9.71%), Vitamin B2: 0.12mg (6.85%), Vitamin B5: 0.37mg (3.67%), Vitamin E: 0.18mg (1.22%)