



Shrimp and Artichoke Linguine Alfredo

READY IN



30 min.

SERVINGS



4

CALORIES



434 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 teaspoon basil leaves chopped
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.5 cup celery chopped
- ☐ 1 teaspoon rosemary fresh chopped
- ☐ 0.5 cup artichoke hearts frozen divided thawed chopped
- ☐ 1 tablespoon garlic minced
- ☐ 8 ounces pasta
- ☐ 0.5 cup chicken broth reduced-sodium
- ☐ 0.3 cup parmesan cheese grated

- ☐ 1 tablespoon parsley chopped
- ☐ 0.5 teaspoon chile flakes red
- ☐ 0.3 cup onion red chopped
- ☐ 0.5 teaspoon salt
- ☐ 0.5 pound shrimp deveined peeled per lb.)
- ☐ 1 cup cup heavy whipping cream sour

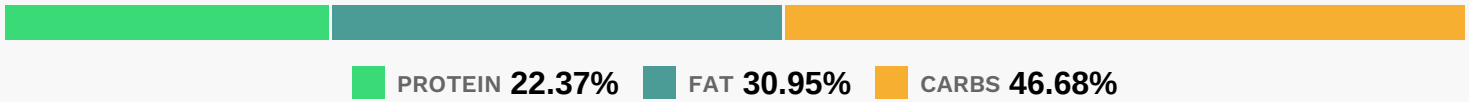
Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Cook linguine according to package directions.
- ☐ Meanwhile, reserve 1/4 cup artichoke hearts. In a food processor, whirl remaining ingredients except shrimp until blended but still chunky.
- ☐ Pour sauce into a medium saucepan. Stir in shrimp and reserved artichokes; cook over medium heat until sauce begins to boil. Reduce heat and cook until sauce thickens, about 10 minutes.
- ☐ Drain pasta, put in a bowl, and pour sauce on top.

Nutrition Facts



Properties

Glycemic Index:66.25, Glycemic Load:17.51, Inflammation Score:-6, Nutrition Score:15.353913038969%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 2.52mg, Apigenin: 2.52mg, Apigenin: 2.52mg, Apigenin: 2.52mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg

0.18mg, Myricetin: 0.18mg Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg

Nutrients (% of daily need)

Calories: 433.92kcal (21.7%), Fat: 15.03g (23.13%), Saturated Fat: 7.42g (46.37%), Carbohydrates: 51.01g (17%), Net Carbohydrates: 47.44g (17.25%), Sugar: 4.16g (4.62%), Cholesterol: 132.46mg (44.15%), Sodium: 563.52mg (24.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.44g (48.89%), Selenium: 41.39µg (59.12%), Phosphorus: 361.78mg (36.18%), Manganese: 0.72mg (36.11%), Copper: 0.45mg (22.61%), Vitamin K: 22.01µg (20.96%), Calcium: 201.32mg (20.13%), Magnesium: 71.08mg (17.77%), Zinc: 2.32mg (15.44%), Potassium: 531.53mg (15.19%), Folate: 59.6µg (14.9%), Fiber: 3.57g (14.28%), Vitamin A: 694.7IU (13.89%), Vitamin B2: 0.23mg (13.27%), Vitamin B6: 0.19mg (9.56%), Vitamin B3: 1.79mg (8.97%), Iron: 1.53mg (8.52%), Vitamin B1: 0.09mg (6.33%), Vitamin C: 5.18mg (6.28%), Vitamin B5: 0.59mg (5.86%), Vitamin B12: 0.26µg (4.38%), Vitamin E: 0.47mg (3.11%)