

DINNER

Shrimp and Broccoli Fettuccine

19 September 2026

TOTAL TIME	PREP	SERVES	PER SERVING	CALORIES
20 min	20 min	4	\$2.20	221 kcal



Shrimp and Broccoli Fettuccine takes roughly 20 minutes from beginning to end. One serving contains 221 calories, 23g of protein, and 2g of fat. This recipe serves 4. For \$2.2 per serving, this recipe covers 15% of your daily requirements of vitamins and minerals.

Ingredients

- ☐ 1 cup broccoli florets
- ☐ 1 clove garlic, minced
- ☐ ¼ cup milk
- ☐ ¼ cup chopped tomatoes
- ☐ ¼ pound fettuccine, uncooked
- ☐ 10 ounce PHILADELPHIA Savory Lemon & Herb Cooking Creme
- ☐ ¾ pound frozen cooked cleaned medium shrimp, thawed

EQUIPMENT Frying pan, Sauce pan

Method

- 1

Cook pasta in large saucepan as directed on package, omitting salt and adding broccoli for the last 3 min.
- 2

Drain; keep warm.
- 3

Cook and stir shrimp and garlic in large nonstick skillet on medium heat 2 to 3 min. or until shrimp are heated through.
- 4

Add cooking creme and milk; cook and stir 2 min.
- 5

Add pasta to shrimp mixture; mix lightly. Top with tomatoes.

Nutrition per serving			
	221	23 g	3 g
	KCAL	PROTEIN	FAT
			30 g
			CARBS
Saturated Fat			0.8 g · 5% of daily needs
Fibre			3.6 g · 15% of daily needs
Sugar			3.7 g · 4% of daily needs
Sodium			122 mg · 5% of daily needs
Cholesterol			163 mg · 54% of daily needs
Vitamin C			59.4 mg · 72% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/shrimp-and-broccoli-fettuccine-143678