



Shrimp and Pine Nut Spaghetti

READY IN



30 min.

SERVINGS



4

CALORIES



406 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 cup torn basil leaves fresh
- 0.3 teaspoon pepper black freshly ground
- 0.5 teaspoon dijon mustard
- 1 tablespoon flour all-purpose
- 0.3 cup basil fresh finely chopped
- 0.3 teaspoon ground nutmeg
- 1 cup milk 1% low-fat divided
- 2 ounces parmigiano-reggiano cheese fresh grated
- 2 tablespoons pinenuts

- 0.3 teaspoon salt
- 12 ounces shrimp deveined peeled
- 8 ounces pasta like spaghetti uncooked

Equipment

- frying pan
- sauce pan
- whisk

Directions

- Bring 4 quarts water to a boil in a large saucepan.
- Add pasta; cook 7 minutes.
- Add shrimp to pan; cook 3 minutes or until shrimp are done and pasta is al dente.
- Drain; keep warm.
- While pasta cooks, heat a small nonstick skillet over medium heat.
- Add nuts to pan; cook 2 minutes or until lightly browned.
- Combine 1/2 cup milk and flour in a large saucepan, stirring with a whisk until well blended.
- Place pan over medium heat; gradually stir in remaining 1/2 cup milk. Stir in mustard and nutmeg. Bring to a boil; reduce heat to medium-low, and cook 5 minutes or until mixture begins to thicken, stirring constantly. Stir in salt and pepper; cook 1 minute.
- Add drained pasta mixture, cheese, and chopped basil, tossing gently to combine.
- Sprinkle with nuts and torn basil.

Nutrition Facts



PROTEIN 32.22% FAT 20.12% CARBS 47.66%

Properties

Glycemic Index:104.5, Glycemic Load:18.25, Inflammation Score:-5, Nutrition Score:16.71869584011%

Nutrients (% of daily need)

Calories: 406.21kcal (20.31%), Fat: 9.04g (13.91%), Saturated Fat: 3.19g (19.93%), Carbohydrates: 48.21g (16.07%), Net Carbohydrates: 46.02g (16.73%), Sugar: 4.79g (5.33%), Cholesterol: 149.52mg (49.84%), Sodium: 507.24mg (22.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.59g (65.17%), Selenium: 41.16µg (58.81%), Manganese: 1.07mg (53.41%), Phosphorus: 482.18mg (48.22%), Calcium: 317.05mg (31.71%), Copper: 0.59mg (29.36%), Magnesium: 89.08mg (22.27%), Zinc: 2.96mg (19.7%), Vitamin K: 17.8µg (16.95%), Potassium: 503.07mg (14.37%), Vitamin B2: 0.19mg (11.04%), Iron: 1.8mg (9.98%), Vitamin B12: 0.53µg (8.83%), Fiber: 2.19g (8.76%), Vitamin B1: 0.13mg (8.4%), Vitamin A: 413.67IU (8.27%), Vitamin B3: 1.44mg (7.19%), Vitamin B6: 0.14mg (7.04%), Vitamin B5: 0.56mg (5.56%), Folate: 20.05µg (5.01%), Vitamin D: 0.72µg (4.8%), Vitamin E: 0.6mg (4.03%)