



Shrimp and Portobello Mushroom Fettuccine

READY IN



60 min.

SERVINGS



6

CALORIES



1026 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 pound baby portobello mushrooms sliced
- 0.8 cup butter divided
- 1 tablespoon cajun spice
- 4 ounces cream cheese
- 2 tablespoons flour all-purpose
- 3 cloves garlic minced
- 0.5 cup green onions chopped
- 16 ounce fettuccini noodles dry
- 1 large onion chopped

- 0.5 cup parmesan cheese divided freshly grated
- 6 servings salt and pepper to taste
- 2 pounds shrimp deveined peeled
- 1 pint whipping cream

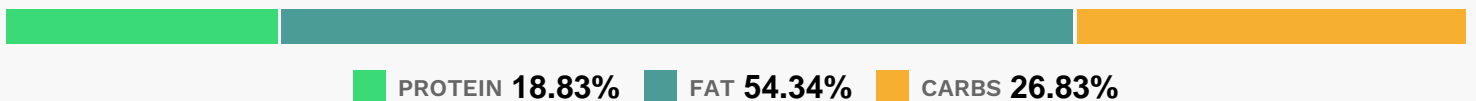
Equipment

- frying pan
- pot

Directions

- Bring a large pot of lightly salted water to boil.
- Add pasta, and cook until al dente, about 8 to 10 minutes.
- Drain, and set aside.
- Meanwhile, heat 1/4 cup butter in a large skillet over medium heat. Stir in mushrooms, and cook until soft.
- Remove mushrooms, and set aside. Wipe out skillet.
- Heat 1/2 cup butter in the skillet over medium-high heat. Stir in onions, and cook until soft and translucent. Stir in garlic, and cook 1 minute.
- Add cream cheese, and cook until melted.
- Reduce heat to medium low, and stir in flour, whipping cream, and 1/4 cup Parmesan cheese. Stir in shrimp, and season with Cajun seasoning, salt, and pepper. Cook until shrimp are pink and sauce thickens, about 3 minutes.
- Remove from heat. Fold mushrooms, green onions, and fettuccine into sauce.
- Sprinkle with remaining 1/4 cup Parmesan, and serve.

Nutrition Facts



Properties

Glycemic Index:49.67, Glycemic Load:25.18, Inflammation Score:-9, Nutrition Score:27.89260845599%

Flavonoids

Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.99mg, Quercetin: 5.99mg, Quercetin: 5.99mg, Quercetin: 5.99mg

Nutrients (% of daily need)

Calories: 1025.73kcal (51.29%), Fat: 62.72g (96.49%), Saturated Fat: 38.28g (239.27%), Carbohydrates: 69.69g (23.23%), Net Carbohydrates: 65.14g (23.69%), Sugar: 8.34g (9.27%), Cholesterol: 419.89mg (139.96%), Sodium: 797.41mg (34.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.9g (97.8%), Selenium: 70.34µg (100.49%), Phosphorus: 692.69mg (69.27%), Vitamin A: 2852.63IU (57.05%), Copper: 1.07mg (53.73%), Manganese: 0.91mg (45.6%), Potassium: 1059.77mg (30.28%), Zinc: 4.32mg (28.82%), Calcium: 283.4mg (28.34%), Magnesium: 110.87mg (27.72%), Vitamin B3: 5.12mg (25.58%), Vitamin B2: 0.42mg (24.44%), Vitamin K: 23.44µg (22.33%), Fiber: 4.55g (18.2%), Vitamin B6: 0.34mg (17.24%), Vitamin B5: 1.64mg (16.41%), Iron: 2.71mg (15.07%), Folate: 56.26µg (14.06%), Vitamin E: 2.08mg (13.87%), Vitamin B1: 0.18mg (11.93%), Vitamin D: 1.53µg (10.2%), Vitamin B12: 0.37µg (6.1%), Vitamin C: 4.37mg (5.29%)