



Shrimp & Broccoli Fettuccine

READY IN



25 min.

SERVINGS



25

CALORIES



55 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 tsp pepper black
- 1 cup broccoli florets
- 8 oz philadelphia cream cheese spread
- 0.3 lb fettuccine barilla uncooked
- 1 clove garlic minced
- 0.5 tsp garlic powder
- 1 tsp lemon zest
- 0.3 cup milk
- 0.8 lb shrimp frozen thawed cleaned cooked

0.3 cup tomatoes chopped

Equipment

frying pan

sauce pan

Directions

Mix cream cheese spread, milk, lemon zest, juice and seasonings until blended.

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

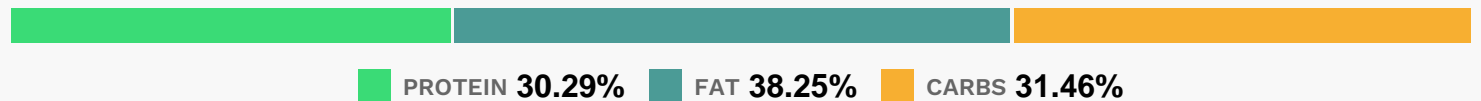
Drain; cover to keep warm.

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

Add cream cheese mixture; cook and stir 2 to 3 min. or until heated through.

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

Nutrition Facts



Properties

Glycemic Index:8.76, Glycemic Load:1.48, Inflammation Score:-1, Nutrition Score:1.9147826135159%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 54.92kcal (2.75%), Fat: 2.33g (3.59%), Saturated Fat: 1.38g (8.63%), Carbohydrates: 4.32g (1.44%), Net Carbohydrates: 4.04g (1.47%), Sugar: 0.59g (0.66%), Cholesterol: 31.64mg (10.55%), Sodium: 61.51mg (2.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.16g (8.31%), Selenium: 3.75µg (5.35%), Phosphorus: 45.76mg (4.58%), Vitamin C: 3.59mg (4.35%), Vitamin K: 3.9µg (3.71%), Copper: 0.07mg (3.52%), Manganese: 0.06mg (2.89%), Calcium: 26.51mg (2.65%), Vitamin A: 128.2IU (2.56%), Magnesium: 8.74mg (2.18%), Zinc: 0.3mg (2%),

Potassium: 67.3mg (1.92%), Fiber: 0.28g (1.14%), Iron: 0.2mg (1.09%), Vitamin B6: 0.02mg (1.08%)