



WHATShEATE



Shrimp & Broccoli Fettuccine

👤 Popular

READY IN



20 min.

SERVINGS



4

CALORIES



378 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup broccoli florets
- ☐ 0.3 lb fettuccine barilla uncooked
- ☐ 1 clove garlic minced
- ☐ 10 oz optional: lemon
- ☐ 0.3 cup milk
- ☐ 4 servings parmesan to taste
- ☐ 0.8 lb shrimp frozen thawed cleaned cooked
- ☐ 0.3 cup tomatoes chopped

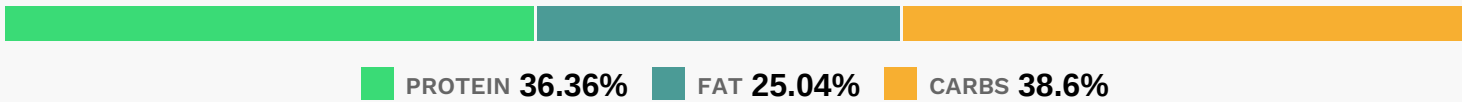
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Cook pasta in large saucepan as directed on package, adding broccoli for the last 3 min.
- ☐ Drain; 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 cooking creme and milk; cook and stir 2 min.
- ☐ Add pasta to shrimp mixture; mix lightly. Top with tomatoes and Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:58.63, Glycemic Load:13.56, Inflammation Score:-7, Nutrition Score:20.185652152352%

Flavonoids

Eriodictyol: 15.14mg, Eriodictyol: 15.14mg, Eriodictyol: 15.14mg, Eriodictyol: 15.14mg Hesperetin: 19.77mg, Hesperetin: 19.77mg, Hesperetin: 19.77mg, Hesperetin: 19.77mg Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg Luteolin: 1.53mg, Luteolin: 1.53mg, Luteolin: 1.53mg, Luteolin: 1.53mg Kaempferol: 1.82mg, Kaempferol: 1.82mg, Kaempferol: 1.82mg, Kaempferol: 1.82mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg

Nutrients (% of daily need)

Calories: 378.32kcal (18.92%), Fat: 10.83g (16.66%), Saturated Fat: 5.89g (36.81%), Carbohydrates: 37.58g (12.53%), Net Carbohydrates: 33.63g (12.23%), Sugar: 4.34g (4.82%), Cholesterol: 191.52mg (63.84%), Sodium: 606.99mg (26.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.39g (70.78%), Vitamin C: 59.37mg (71.96%), Selenium: 37.88µg (54.12%), Phosphorus: 531.57mg (53.16%), Calcium: 479.28mg (47.93%), Copper: 0.5mg (24.99%), Vitamin K: 24.71µg (23.54%), Manganese: 0.45mg (22.51%), Magnesium: 78.99mg (19.75%), Zinc: 2.93mg (19.56%), Potassium: 569.63mg (16.28%), Fiber: 3.95g (15.8%), Vitamin B2: 0.21mg (12.06%), Vitamin B6: 0.23mg (11.73%), Iron: 2.04mg (11.31%), Vitamin A: 525.64IU (10.51%), Vitamin B12: 0.58µg (9.66%), Folate: 36.61µg (9.15%), Vitamin B1: 0.14mg (9.12%), Vitamin B5: 0.83mg (8.34%), Vitamin B3: 1.17mg (5.87%), Vitamin E: 0.55mg (3.67%), Vitamin D: 0.49µg (3.25%)