



Shrimp Carbonara

READY IN



25 min.

SERVINGS



25

CALORIES



98 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 slices oscar mayer bacon cut into 1-inch pieces
- 8 oz philadelphia cream cheese spread
- 1 tsp garlic powder
- 1 tsp penzey's southwest seasoning dried italian
- 0.3 cup milk
- 0.3 cup parmesan cheese grated kraft
- 1 cup peas frozen
- 1 lb shrimp deveined uncooked peeled
- 0.5 lb pasta like spaghetti uncooked

Equipment

- frying pan
- paper towels
- sauce pan
- slotted spoon

Directions

- Cook spaghetti in large saucepan as directed on package, omitting salt. Meanwhile, cook and stir bacon in large skillet until crisp.
- Remove bacon from skillet with slotted spoon, reserving 1 Tbsp. drippings in skillet.
- Drain bacon on paper towels.
- Mix cream cheese spread, milk and seasonings until blended.
- Add shrimp to reserved bacon drippings in skillet; cook and stir on medium heat 5 min. or until shrimp turn pink. Stir in peas; cook 1 min.
- Add cream cheese mixture; cook and stir 3 min. or until heated through.
- Drain spaghetti; return to pan.
- Add shrimp mixture and bacon; mix lightly. Top with Parmesan.

Nutrition Facts



Properties

Glycemic Index:5.37, Glycemic Load:3.01, Inflammation Score:-1, Nutrition Score:2.9191304704417%

Nutrients (% of daily need)

Calories: 97.72kcal (4.89%), Fat: 4g (6.16%), Saturated Fat: 2g (12.48%), Carbohydrates: 8.63g (2.88%), Net Carbohydrates: 7.97g (2.9%), Sugar: 1.02g (1.13%), Cholesterol: 38.42mg (12.81%), Sodium: 106.65mg (4.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.58g (13.16%), Selenium: 6.99µg (9.99%), Phosphorus: 77.55mg (7.76%), Manganese: 0.12mg (5.96%), Copper: 0.11mg (5.52%), Calcium: 40.12mg (4.01%), Zinc: 0.55mg (3.65%), Magnesium: 14.53mg (3.63%), Vitamin A: 147IU (2.94%), Vitamin C: 2.32mg (2.82%), Potassium: 98.36mg (2.81%), Fiber: 0.66g (2.65%), Vitamin B1: 0.04mg (2.4%), Vitamin B3: 0.43mg (2.13%), Iron: 0.35mg (1.94%), Vitamin B6:

0.04mg (1.88%), Vitamin K: 1.92µg (1.83%), Vitamin B2: 0.02mg (1.44%), Folate: 5.69µg (1.42%)