



## Shrimp & Chipotle Alfredo

READY IN



30 min.

SERVINGS



30

CALORIES



133 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 6 Tbsp butter divided
- 2 Tbsp chipotle peppers in adobo sauce canned finely chopped
- 6 oz philadelphia cream cheese cubed ()
- 1 lb fettuccine barilla uncooked
- 1 cup milk
- 0.8 cup parmesan cheese grated kraft
- 1.5 lb shrimp deveined uncooked peeled

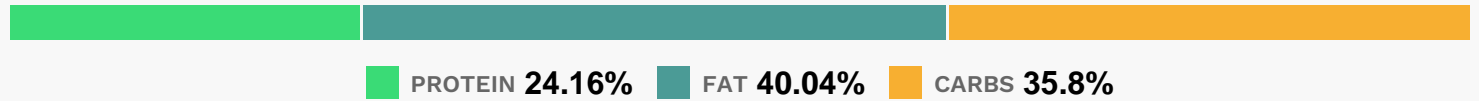
### Equipment

- bowl
- frying pan
- whisk

## Directions

- Cook pasta as directed on package, omitting salt.
- Meanwhile, melt 2 Tbsp. butter in large skillet on medium-high heat.
- Add shrimp; cook and stir 3 min. or until shrimp turn pink.
- Remove shrimp from skillet; cover to keep warm.
- Add remaining ingredients, including remaining butter, to skillet; cook on low heat 5 min. or until cream cheese is completely melted and mixture is well blended, stirring constantly with whisk. Stir in shrimp.
- Drain pasta; place in large bowl.
- Add shrimp mixture; mix lightly.

## Nutrition Facts



## Properties

Glycemic Index:3.63, Glycemic Load:4.75, Inflammation Score:-2, Nutrition Score:3.9173913109724%

## Nutrients (% of daily need)

Calories: 133.39kcal (6.67%), Fat: 5.95g (9.16%), Saturated Fat: 2.35g (14.71%), Carbohydrates: 11.97g (3.99%), Net Carbohydrates: 11.37g (4.14%), Sugar: 0.96g (1.06%), Cholesterol: 58.09mg (19.36%), Sodium: 121.22mg (5.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.08g (16.16%), Selenium: 13.43µg (19.19%), Phosphorus: 115.75mg (11.57%), Manganese: 0.14mg (6.99%), Copper: 0.14mg (6.78%), Calcium: 58.25mg (5.83%), Zinc: 0.76mg (5.09%), Magnesium: 19.15mg (4.79%), Vitamin A: 220.53IU (4.41%), Potassium: 122.23mg (3.49%), Vitamin B2: 0.05mg (2.8%), Iron: 0.45mg (2.48%), Fiber: 0.6g (2.4%), Vitamin B12: 0.14µg (2.28%), Vitamin B1: 0.03mg (2.17%), Vitamin B6: 0.04mg (2.15%), Vitamin B5: 0.21mg (2.11%), Vitamin B3: 0.33mg (1.67%), Vitamin E: 0.21mg (1.39%), Folate: 5.07µg (1.27%)