



Shrimp Fettuccine Alfredo

 Popular

READY IN



40 min.

SERVINGS



6

CALORIES



439 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 4 cloves garlic minced
- ☐ 1 cup half-and-half
- ☐ 6 tablespoons parmesan cheese grated
- ☐ 1 pound fettuccini pasta
- ☐ 6 servings salt to taste
- ☐ 1 pound shrimp deveined cooked peeled

Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Add pasta and cook for 8 to 10 minutes or until al dente; drain.
- ☐ In a large skillet, cook and stir shrimp and garlic in the butter for about one minute.
- ☐ Pour in half and half; stir.
- ☐ Sprinkle Parmesan cheese in one tablespoon at a time, stirring constantly. After all Parmesan is added, mix in parsley and salt. Stir frequently making sure it does not boil. Sauce will take a while to thicken.
- ☐ When sauce has thickened, combine with cooked pasta noodles; serve hot.

Nutrition Facts



Properties

Glycemic Index:25.67, Glycemic Load:22.89, Inflammation Score:-4, Nutrition Score:13.837391290328%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 438.57kcal (21.93%), Fat: 9.47g (14.57%), Saturated Fat: 5.1g (31.86%), Carbohydrates: 59.51g (19.84%), Net Carbohydrates: 57.03g (20.74%), Sugar: 3.71g (4.13%), Cholesterol: 145.2mg (48.4%), Sodium: 416.11mg (18.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.96g (55.93%), Selenium: 51.13µg (73.04%), Manganese: 0.76mg (37.89%), Phosphorus: 378.69mg (37.87%), Copper: 0.53mg (26.34%), Magnesium: 73.2mg (18.3%), Zinc: 2.49mg (16.57%), Calcium: 156.84mg (15.68%), Potassium: 442.92mg (12.65%), Vitamin K: 11.82µg (11.25%), Fiber: 2.48g (9.93%), Vitamin B2: 0.14mg (8.5%), Iron: 1.5mg (8.31%), Vitamin B6: 0.16mg (7.85%), Vitamin

B3: 1.36mg (6.78%), Vitamin A: 300.68IU (6.01%), Vitamin B1: 0.09mg (5.75%), Vitamin B5: 0.48mg (4.76%), Folate: 16.26µg (4.07%), Vitamin B12: 0.15µg (2.47%), Vitamin C: 1.87mg (2.27%), Vitamin E: 0.27mg (1.8%)