



Shrimp Fettuccine Alfredo

READY IN



45 min.

SERVINGS



4

CALORIES



446 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 9 ounce fettuccine barilla refrigerated
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 2 green onions chopped
- ☐ 0.3 cup half-and-half
- ☐ 2 teaspoons olive oil
- ☐ 2 ounces parmigiano-reggiano cheese grated
- ☐ 1 pound shrimp deveined peeled

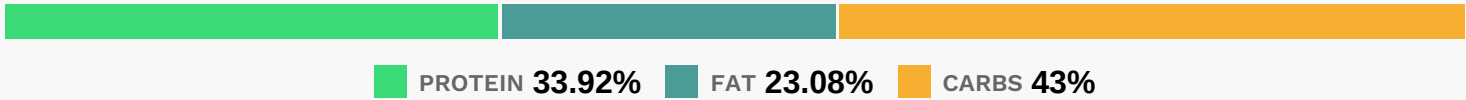
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ colander

Directions

- ☐ Cook the pasta according to package directions, omitting salt and fat.
- ☐ Drain pasta in a colander over a bowl, reserving 1/4 cup cooking liquid.
- ☐ Combine shrimp, onions, and garlic in a small bowl.
- ☐ Heat a large skillet over medium-high heat.
- ☐ Add olive oil; swirl to coat.
- ☐ Add shrimp mixture, and saut for 4 minutes or until shrimp are done.
- ☐ Remove from pan; keep warm.
- ☐ Reduce heat to medium.
- ☐ Add reserved cooking liquid, Parmigiano-Reggiano, half-and-half, cream cheese, and pepper to pan. Cook 2 minutes or until cheeses melt.
- ☐ Combine pasta, cheese mixture, and shrimp mixture.
- ☐ Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:49.25, Glycemic Load:19.47, Inflammation Score:-5, Nutrition Score:18.469565329344%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 446.18kcal (22.31%), Fat: 11.43g (17.58%), Saturated Fat: 4.89g (30.59%), Carbohydrates: 47.93g (15.98%), Net Carbohydrates: 45.54g (16.56%), Sugar: 2.32g (2.58%), Cholesterol: 252.85mg (84.28%), Sodium: 390.12mg (16.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.8g (75.6%), Selenium: 54.36µg (77.65%), Phosphorus: 519.8mg (51.98%), Vitamin K: 47.48µg (45.22%), Copper: 0.65mg (32.66%), Manganese: 0.64mg (31.98%), Calcium: 294.68mg (29.47%), Magnesium: 87.73mg (21.93%), Zinc: 3.28mg (21.84%), Potassium: 530.01mg (15.14%), Iron: 2.19mg (12.16%), Fiber: 2.39g (9.56%), Vitamin B6: 0.19mg (9.26%), Vitamin A: 450.76IU (9.02%), Vitamin B2: 0.15mg (8.95%), Vitamin B1: 0.13mg (8.54%), Vitamin B3: 1.47mg (7.35%), Vitamin B5: 0.73mg (7.27%), Folate: 27.04µg (6.76%), Vitamin B12: 0.39µg (6.56%), Vitamin C: 4.44mg (5.38%), Vitamin E: 0.66mg (4.37%), Vitamin D: 0.26µg (1.75%)