



WHATSheATE



Shrimp Fettuccine Primavera

READY IN



25 min.

SERVINGS



4

CALORIES



287 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 oz asparagus fresh
- ☐ 6 oz yogurt plain fat free
- ☐ 6 oz fettuccine barilla
- ☐ 2 tablespoons juice of lemon
- ☐ 1 teaspoon lemon zest grated
- ☐ 0.3 cup milk
- ☐ 0.3 cup parmesan fresh shredded finely
- ☐ 0.3 teaspoon garlic
- ☐ 1 medium bell pepper red cut into thin 2-inch strips

- ☐ 0.3 teaspoon salt
- ☐ 8 oz shrimp deveined uncooked peeled

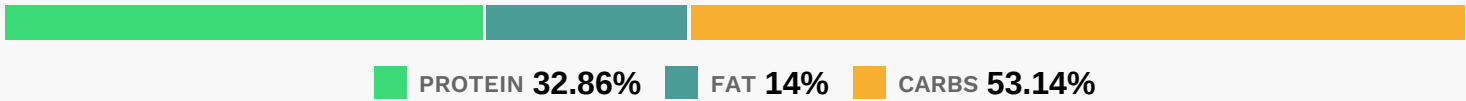
Equipment

- ☐ bowl
- ☐ dutch oven

Directions

- ☐ In Dutch oven, cook fettuccine as directed on package, adding shrimp, asparagus and bell pepper during last 4 minutes of cook time. Cook until fettuccine is tender and shrimp is pink.
- ☐ Drain well; return to Dutch oven.
- ☐ In medium bowl, mix remaining ingredients.
- ☐ Add to fettuccini mixture, tossing to coat. Cook over low heat, stirring constantly, just until heated through.

Nutrition Facts



Properties

Glycemic Index:50.75, Glycemic Load:13.68, Inflammation Score:-8, Nutrition Score:18.619565227757%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 2.42mg, Isorhamnetin: 2.42mg, Isorhamnetin: 2.42mg, Isorhamnetin: 2.42mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Quercetin: 6.04mg, Quercetin: 6.04mg, Quercetin: 6.04mg, Quercetin: 6.04mg

Nutrients (% of daily need)

Calories: 287.36kcal (14.37%), Fat: 4.52g (6.95%), Saturated Fat: 1.96g (12.22%), Carbohydrates: 38.59g (12.86%), Net Carbohydrates: 35.59g (12.94%), Sugar: 7.11g (7.9%), Cholesterol: 133.94mg (44.65%), Sodium: 362.59mg (15.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.86g (47.73%), Selenium: 37.78µg (53.97%), Vitamin C: 44.45mg (53.88%), Phosphorus: 380.15mg (38.02%), Vitamin A: 1356.53IU (27.13%), Manganese: 0.49mg (24.56%), Calcium: 242.39mg (24.24%), Copper: 0.44mg (22.21%), Vitamin K: 19.6µg (18.67%), Zinc: 2.53mg (16.9%),

Magnesium: 67.27mg (16.82%), Vitamin B2: 0.27mg (15.68%), Potassium: 548.49mg (15.67%), Folate: 55.24µg (13.81%), Vitamin B6: 0.26mg (13.06%), Iron: 2.24mg (12.47%), Vitamin B1: 0.18mg (12.2%), Fiber: 3g (12%), Vitamin B5: 0.97mg (9.69%), Vitamin B12: 0.54µg (9%), Vitamin B3: 1.7mg (8.48%), Vitamin E: 1.14mg (7.61%), Vitamin D: 0.33µg (2.18%)