



WHATSheATE



Shrimp Fettuccine Primavera

READY IN



25 min.

SERVINGS



4

CALORIES



288 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

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

- ☐ 0.3 teaspoon salt
- ☐ 0.3 teaspoon highest available proof grain spirit

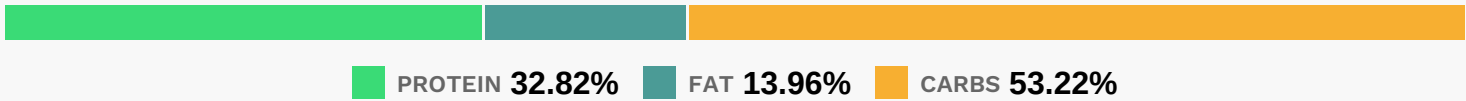
Equipment

- ☐ 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:57.25, Glycemic Load:13.78, Inflammation Score:-8, Nutrition Score:18.646087014157%

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: 288.18kcal (14.41%), Fat: 4.52g (6.95%), Saturated Fat: 1.96g (12.22%), Carbohydrates: 38.76g (12.92%), Net Carbohydrates: 35.74g (13%), Sugar: 7.12g (7.91%), Cholesterol: 133.94mg (44.65%), Sodium: 362.58mg (15.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.9g (47.8%), Selenium: 37.76µg (53.95%), Vitamin C: 44.39mg (53.81%), Phosphorus: 381.2mg (38.12%), Vitamin A: 1356.57IU (27.13%), Manganese: 0.49mg (24.61%), Calcium: 242.11mg (24.21%), Copper: 0.45mg (22.27%), Vitamin K: 19.6µg (18.67%), Zinc: 2.55mg (17.01%),

Magnesium: 67.77mg (16.94%), Vitamin B2: 0.27mg (15.71%), Potassium: 549.05mg (15.69%), Folate: 55.53µg (13.88%), Vitamin B6: 0.26mg (13.01%), Iron: 2.25mg (12.49%), Vitamin B1: 0.18mg (12.2%), Fiber: 3.02g (12.06%), Vitamin B5: 0.97mg (9.71%), Vitamin B12: 0.54µg (9%), Vitamin B3: 1.72mg (8.58%), Vitamin E: 1.14mg (7.63%), Vitamin D: 0.33µg (2.18%)