



## Shrimp-Herb Fettuccine

READY IN



45 min.

SERVINGS



6

CALORIES



537 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.5 cup butter divided
- 0.5 cup fetzer sundial chardonnay
- 8 ounces fettuccine barilla cooked
- 0.3 cup basil fresh chopped
- 0.3 cup chives fresh chopped
- 0.3 cup parsley fresh chopped
- 3 garlic cloves minced
- 1 cup parmesan cheese shredded finely
- 2 pounds shrimp fresh unpeeled

1 cup whipping cream

## Equipment

frying pan

slotted spoon

## Directions

Peel shrimp, and devein, if desired.

Melt 3 tablespoons butter in a large skillet over medium-high heat; add shrimp, and saut 3 to 4 minutes.

Remove shrimp with a slotted spoon.

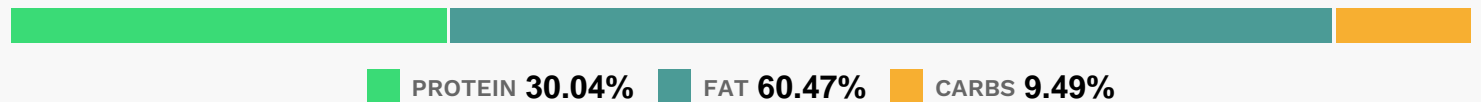
Melt remaining butter in skillet over medium-high heat; add garlic, and saut 1 minute.

Add wine, and cook 4 minutes or until mixture is reduced by half. Stir in whipping cream, and cook, stirring occasionally, 4 to 5 minutes or until slightly thickened.

Add shrimp, cheese, and herbs; cook, stirring occasionally, just until cheese melts.

Serve over fettuccine.

## Nutrition Facts



## Properties

Glycemic Index:44.83, Glycemic Load:4.92, Inflammation Score:-8, Nutrition Score:14.934782463571%

## Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

## Nutrients (% of daily need)

Calories: 537.28kcal (26.86%), Fat: 35.45g (54.54%), Saturated Fat: 15.34g (95.85%), Carbohydrates: 12.52g (4.17%), Net Carbohydrates: 11.9g (4.33%), Sugar: 1.7g (1.89%), Cholesterol: 310.55mg (103.52%), Sodium: 640.64mg (27.85%), Alcohol: 2.1g (100%), Alcohol %: 0.92% (100%), Protein: 39.63g (79.26%), Phosphorus: 504.13mg (50.41%),

Vitamin K: 50.28µg (47.88%), Vitamin A: 1733.89IU (34.68%), Calcium: 341.73mg (34.17%), Copper: 0.65mg (32.67%), Selenium: 14.23µg (20.32%), Zinc: 2.91mg (19.4%), Magnesium: 76.47mg (19.12%), Potassium: 516.2mg (14.75%), Manganese: 0.24mg (12.12%), Vitamin B2: 0.15mg (9.07%), Iron: 1.48mg (8.23%), Vitamin E: 1.08mg (7.22%), Vitamin C: 5.22mg (6.32%), Vitamin B12: 0.32µg (5.27%), Vitamin D: 0.76µg (5.04%), Vitamin B6: 0.08mg (4.13%), Vitamin B5: 0.33mg (3.27%), Folate: 12.06µg (3.02%), Fiber: 0.63g (2.5%), Vitamin B1: 0.04mg (2.36%), Vitamin B3: 0.31mg (1.55%)