



## Shrimp In Love Pasta

READY IN



20 min.

SERVINGS



20

CALORIES



47 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 cup philadelphia cream cheese spread ()
- 0.3 lb pasta uncooked
- 0.5 lb shrimp deveined uncooked peeled
- 1.5 cups torn spinach fresh
- 2 tomatoes chopped

### Equipment

- bowl
- frying pan

## Directions

- Cook pasta as directed on package, omitting salt.
- Meanwhile, heat large skillet on medium-high heat.
- Add shrimp, tomatoes and cream cheese spread; cook and stir 3 to 4 min. or until cream cheese is melted and shrimp are done.
- Drain pasta; place in large bowl.
- Add spinach and shrimp mixture; mix lightly.

## Nutrition Facts

**PROTEIN 29.89%** **FAT 26.7%** **CARBS 43.41%**

## Properties

Glycemic Index:5.6, Glycemic Load:1.84, Inflammation Score:-3, Nutrition Score:2.4452173787615%

## Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

## Nutrients (% of daily need)

Calories: 47.48kcal (2.37%), Fat: 1.41g (2.16%), Saturated Fat: 0.82g (5.14%), Carbohydrates: 5.15g (1.72%), Net Carbohydrates: 4.77g (1.73%), Sugar: 0.66g (0.73%), Cholesterol: 21.78mg (7.26%), Sodium: 42.56mg (1.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.54g (7.09%), Vitamin K: 11.84µg (11.28%), Vitamin A: 367.35IU (7.35%), Selenium: 3.61µg (5.15%), Manganese: 0.09mg (4.5%), Phosphorus: 39.04mg (3.9%), Copper: 0.07mg (3.55%), Vitamin C: 2.32mg (2.81%), Magnesium: 10.1mg (2.53%), Potassium: 84.29mg (2.41%), Calcium: 18.72mg (1.87%), Folate: 7.23µg (1.81%), Zinc: 0.26mg (1.76%), Fiber: 0.38g (1.51%), Iron: 0.23mg (1.26%), Vitamin B6: 0.02mg (1.11%)