



Shrimp Linguine Alfredo

READY IN



35 min.

SERVINGS



4

CALORIES



626 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 cup butter melted
- 4 sprigs parsley fresh
- 4 teaspoons garlic minced
- 2 teaspoons ground pepper black
- 1 cup half-and-half
- 4 slices optional: lemon for garnish
- 4 tablespoons onion diced
- 6 tablespoons parmesan cheese grated
- 12 ounce linguine pasta

40 small shrimp deveined peeled

Equipment

sauce pan

pot

Directions

Cook pasta in a large pot of boiling water until al dente; drain.

Meanwhile, melt butter in a large saucepan.

Saute onion and garlic over medium heat until tender.

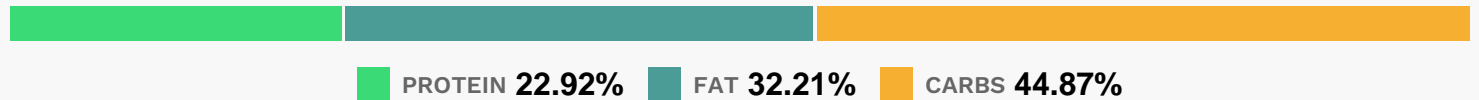
Add shrimp; saute over high heat for 1 minute, stirring constantly. Stir in half-and-half. Cook, stirring constantly, until sauce thickens.

Place pasta in a serving dish, and cover with shrimp sauce.

Sprinkle with black pepper and Parmesan cheese.

Garnish with parsley and lemon slices.

Nutrition Facts



Properties

Glycemic Index:59.63, Glycemic Load:26.27, Inflammation Score:-6, Nutrition Score:18.680000139319%

Flavonoids

Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 2.16mg, Quercetin: 2.16mg, Quercetin: 2.16mg, Quercetin: 2.16mg

Nutrients (% of daily need)

Calories: 626.45kcal (31.32%), Fat: 22.44g (34.53%), Saturated Fat: 13.07g (81.68%), Carbohydrates: 70.33g (23.44%), Net Carbohydrates: 66.89g (24.32%), Sugar: 5.43g (6.03%), Cholesterol: 219.2mg (73.07%), Sodium:

385.29mg (16.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.94g (71.87%), Selenium: 59.01µg (84.3%), Manganese: 1.01mg (50.71%), Phosphorus: 493.94mg (49.39%), Copper: 0.68mg (33.77%), Magnesium: 93.55mg (23.39%), Calcium: 231.66mg (23.17%), Zinc: 3.19mg (21.28%), Vitamin K: 20.12µg (19.16%), Potassium: 605.84mg (17.31%), Vitamin A: 725.31IU (14.51%), Fiber: 3.44g (13.75%), Vitamin B2: 0.21mg (12.31%), Iron: 1.97mg (10.92%), Vitamin B6: 0.22mg (10.81%), Vitamin C: 7.26mg (8.8%), Vitamin B3: 1.59mg (7.94%), Vitamin B1: 0.11mg (7.52%), Vitamin B5: 0.64mg (6.43%), Folate: 22.45µg (5.61%), Vitamin E: 0.64mg (4.3%), Vitamin B12: 0.24µg (4.01%)