



Shrimp Stroganoff

READY IN



45 min.

SERVINGS



45

CALORIES



36 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 cups broccoli florets
- 10 oz condensed cream of shrimp soup canned
- 1 cup knudsen cream sour
- 3 cups extra wide egg noodles uncooked
- 1 lb shrimp deveined uncooked peeled
- 1 lb velveeta cut into 1/2-inch cubes
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Equipment

- sauce pan
- oven
- baking pan

Directions

- Heat oven to 350F.
- Cook noodles in large saucepan as directed on package, omitting salt and adding broccoli to the boiling water for the last 5 min. Meanwhile, cook VELVEETA, soup and sour cream in separate saucepan on low heat 8 min. or until VELVEETA is completely melted and mixture is well blended, stirring occasionally.
- Drain pasta mixture; place in 13x9-inch baking dish. Top with shrimp.
- Pour VELVEETA sauce over pasta mixture; cover.
- Bake 25 min. or until heated through; stir.

Nutrition Facts



Properties

Glycemic Index:1.69, Glycemic Load:0.86, Inflammation Score:-1, Nutrition Score:2.2291304477207%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 35.7kcal (1.79%), Fat: 1.47g (2.26%), Saturated Fat: 0.64g (3.98%), Carbohydrates: 3.02g (1.01%), Net Carbohydrates: 2.69g (0.98%), Sugar: 0.44g (0.49%), Cholesterol: 22.07mg (7.36%), Sodium: 49.29mg (2.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.82g (5.64%), Vitamin K: 9.42µg (8.97%), Vitamin C: 7.27mg (8.82%), Phosphorus: 38.79mg (3.88%), Selenium: 2.5µg (3.57%), Copper: 0.06mg (2.95%), Manganese: 0.06mg (2.76%), Potassium: 70.92mg (2.03%), Vitamin A: 101.57IU (2.03%), Magnesium: 7.52mg (1.88%), Calcium: 18.32mg (1.83%), Zinc: 0.24mg (1.61%), Folate: 6.26µg (1.57%), Vitamin B5: 0.14mg (1.45%), Vitamin B2: 0.02mg (1.34%), Fiber: 0.33g (1.33%), Vitamin E: 0.18mg (1.2%), Vitamin B6: 0.02mg (1.12%), Iron: 0.19mg (1.08%)