



Shrimp Vodka Pasta

READY IN



18 min.

SERVINGS



4

CALORIES



476 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 9 ounces fettuccine barilla refrigerated
- ☐ 0.3 cup basil fresh divided chopped
- ☐ 3 garlic cloves thinly sliced
- ☐ 0.3 cup heavy whipping cream
- ☐ 0.5 teaspoon kosher salt
- ☐ 1.3 cups lower-sodium marinara sauce
- ☐ 1 tablespoon olive oil divided
- ☐ 12 ounces shrimp deveined peeled

- ☐ 4 servings creamed spinach and mushrooms
- ☐ 0.3 cup vodka

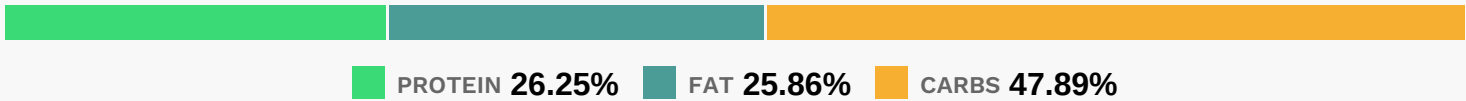
Equipment

- ☐ frying pan

Directions

- ☐ Cook pasta per directions.
- ☐ Drain.
- ☐ Heat 1 1/2 teaspoons oil in a large skillet over medium-high heat.
- ☐ Add shrimp; saut for 4 minutes or until done.
- ☐ Remove shrimp from pan.
- ☐ Add 1 1/2 teaspoons oil and garlic to pan; saut 1 minute. Carefully add vodka; cook 1 minute.
- ☐ Add marinara, 1/4 cup basil, cream, salt, and pepper; bring to a simmer. Stir in pasta and shrimp.
- ☐ Sprinkle with remaining basil.

Nutrition Facts



Properties

Glycemic Index:67, Glycemic Load:20.85, Inflammation Score:-10, Nutrition Score:26.455217434012%

Flavonoids

Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 1.92mg, Kaempferol: 1.92mg, Kaempferol: 1.92mg, Kaempferol: 1.92mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg

Nutrients (% of daily need)

Calories: 475.57kcal (23.78%), Fat: 12.53g (19.27%), Saturated Fat: 4.8g (30%), Carbohydrates: 52.19g (17.4%), Net Carbohydrates: 48.09g (17.49%), Sugar: 4.7g (5.22%), Cholesterol: 207.32mg (69.11%), Sodium: 820.86mg (35.69%), Alcohol: 6.68g (100%), Alcohol %: 2.79% (100%), Protein: 28.61g (57.21%), Vitamin K: 158.63µg (151.08%), Selenium: 51.83µg (74.05%), Vitamin A: 3531.31IU (70.63%), Manganese: 1.01mg (50.37%), Phosphorus: 386.87mg

(38.69%), Copper: 0.67mg (33.74%), Magnesium: 105.82mg (26.45%), Potassium: 821.13mg (23.46%), Folate: 86.09µg (21.52%), Iron: 3.4mg (18.91%), Zinc: 2.78mg (18.56%), Vitamin C: 15.3mg (18.54%), Vitamin E: 2.68mg (17.87%), Fiber: 4.1g (16.4%), Vitamin B6: 0.31mg (15.64%), Calcium: 136.09mg (13.61%), Vitamin B3: 2.41mg (12.05%), Vitamin B2: 0.2mg (11.81%), Vitamin B1: 0.16mg (10.72%), Vitamin B5: 0.91mg (9.11%), Vitamin B12: 0.21µg (3.48%), Vitamin D: 0.43µg (2.86%)