



Spicy Shrimp and Fettuccine

READY IN



45 min.

SERVINGS



4

CALORIES



410 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 teaspoon pepper red crushed
- ☐ 1 teaspoon basil dried
- ☐ 8 ounces fettuccine barilla uncooked
- ☐ 4 garlic cloves minced
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 tablespoons cup heavy whipping cream sour reduced-fat
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup parmesan cheese freshly grated
- ☐ 2 cups plum tomatoes chopped (5)

- ☐ 1 pound shrimp deveined peeled
- ☐ 1 tablespoon tomato paste

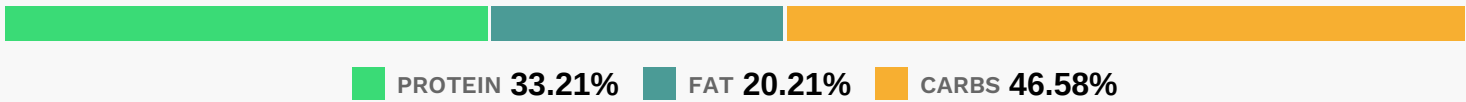
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Cook pasta according to the package directions, omitting salt and fat.
- ☐ Drain.
- ☐ Heat oil in a Dutch oven over medium-high heat.
- ☐ Add red pepper and garlic to pan; saut 1 minute.
- ☐ Add shrimp; saut 1 minute. Stir in tomatoes and next 4 ingredients (through salt); bring to a boil. Reduce heat, and simmer 5 minutes. Stir in pasta; cook 1 minute or until thoroughly heated.
- ☐ Place 1 1/2 cups pasta mixture on each of 4 plates; top each serving with 1 tablespoon cheese.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:39.25, Glycemic Load:18.71, Inflammation Score:-8, Nutrition Score:19.106956538947%

Flavonoids

Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 409.86kcal (20.49%), Fat: 9.3g (14.3%), Saturated Fat: 2.68g (16.77%), Carbohydrates: 48.21g (16.07%), Net Carbohydrates: 44.51g (16.18%), Sugar: 4.73g (5.26%), Cholesterol: 237.74mg (79.25%), Sodium: 594.28mg (25.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.38g (68.75%), Selenium: 47.75µg (68.21%),

Phosphorus: 460.94mg (46.09%), Manganese: 0.75mg (37.71%), Copper: 0.72mg (35.83%), Vitamin A: 1231.54IU (24.63%), Magnesium: 92.96mg (23.24%), Potassium: 806.43mg (23.04%), Vitamin C: 18.08mg (21.91%), Zinc: 3.2mg (21.33%), Calcium: 181.47mg (18.15%), Vitamin K: 16.93µg (16.12%), Fiber: 3.7g (14.8%), Vitamin B6: 0.28mg (13.89%), Iron: 2.48mg (13.77%), Vitamin E: 1.7mg (11.33%), Vitamin B3: 2.09mg (10.44%), Vitamin B1: 0.15mg (10.23%), Folate: 36.64µg (9.16%), Vitamin B2: 0.12mg (6.88%), Vitamin B5: 0.67mg (6.71%), Vitamin B12: 0.27µg (4.57%), Vitamin D: 0.21µg (1.42%)