



Zesty Fettuccine and Shrimp

 Dairy Free

READY IN



9 min.

SERVINGS



4

CALORIES



343 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons blackening seasoning
- ☐ 14.5 ounce canned tomatoes diced with roasted garlic, drained canned
- ☐ 8 ounces fettuccine barilla uncooked
- ☐ 2 tablespoons juice of lemon
- ☐ 2 teaspoons olive oil
- ☐ 0.3 teaspoon pepper
- ☐ 0.8 pound shrimp fresh deveined peeled

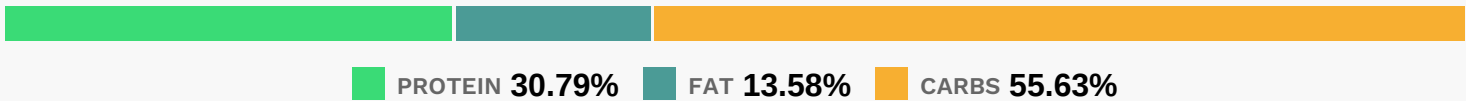
Equipment

☐ frying pan

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ While pasta cooks, coat a large nonstick skillet with cooking spray, and add oil.
- ☐ Place over medium-high heat until hot.
- ☐ Sprinkle blackening seasoning evenly over shrimp.
- ☐ Add shrimp to skillet; cook 2 minutes on each side or until shrimp turn pink. Stir in lemon juice.
- ☐ Add tomatoes and pepper; cook until thoroughly heated.
- ☐ Spoon shrimp mixture over drained pasta, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:19.08, Inflammation Score:-5, Nutrition Score:16.212174047594%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 342.54kcal (17.13%), Fat: 5.26g (8.09%), Saturated Fat: 1.08g (6.73%), Carbohydrates: 48.5g (16.17%), Net Carbohydrates: 44.62g (16.23%), Sugar: 5.78g (6.42%), Cholesterol: 184.56mg (61.52%), Sodium: 515.31mg (22.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.85g (53.7%), Selenium: 45.31µg (64.73%), Manganese: 0.72mg (35.89%), Phosphorus: 352.33mg (35.23%), Copper: 0.69mg (34.59%), Magnesium: 83.87mg (20.97%), Potassium: 673.39mg (19.24%), Zinc: 2.51mg (16.74%), Iron: 2.88mg (16.03%), Fiber: 3.88g (15.51%), Vitamin C: 12.36mg (14.98%), Vitamin B6: 0.28mg (14.02%), Vitamin B3: 2.45mg (12.27%), Vitamin E: 1.79mg (11.97%), Vitamin B1: 0.18mg (11.69%), Calcium: 110.24mg (11.02%), Vitamin B5: 0.81mg (8.14%), Folate: 31.32µg (7.83%), Vitamin K: 7.14µg (6.8%), Vitamin B2: 0.11mg (6.22%), Vitamin A: 257.24IU (5.14%), Vitamin B12: 0.16µg (2.74%), Vitamin D: 0.17µg (1.13%)