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Shrimp Fettuccine Alfredo ♦♦

Shrimp Fettuccine Alfredo is a classic Italian dish that combines succulent shrimp with creamy Alfredo sauce and fettuccine pasta. It is a rich and indulgent dish that is perfect for special occasions or a comforting weeknight meal. The shrimp is cooked to perfection and then tossed with the creamy sauce, which is made with butter, cream, Parmesan cheese, and garlic. The fettuccine pasta is cooked until al dente and then mixed with the shrimp and sauce. This dish is best enjoyed hot and garnished with fresh parsley and grated Parmesan cheese.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

| | |
|-------|------------------|
| 400 g | Shrimp |
| 300 g | Fettuccine Pasta |
| 50 g | butter |

| | |
|---------------------|-----------------|
| 250 ml | heavy cream |
| 100 g | Parmesan Cheese |
| 2 cloves | garlic |
| 10 g | Parsley |
| 1 tsp | salt |
| 0.5 tsp | black pepper |

Directions

Step 1

Boiling

Cook the fettuccine pasta according to the package instructions. Drain and set aside.

Prep Time: 10 mins

Cook Time: 10 mins

Step 2

Sautéing

In a large skillet, melt the butter over medium heat. Add the garlic and cook until fragrant.

Prep Time: 5 mins

Cook Time: 5 mins

Step 3

Sautéing

Add the shrimp to the skillet and cook until pink and opaque.

Prep Time: 0 mins

Cook Time: 5 mins

Step 4

Simmering

Stir in the heavy cream and Parmesan cheese. Cook until the sauce thickens.

Prep Time: 0 mins

Cook Time: 5 mins

Step 5

Stirring

Add the cooked fettuccine pasta to the skillet and toss to coat with the sauce.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Season with salt and black pepper to taste. Garnish with chopped parsley.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 400 kcal

Fat: 25 g

Protein: 20 g

Carbohydrates: 25 g

Nutrition Facts

Proteins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------|--------------------------|
| Protein | 20 g | 117.65% | 117.65% |

Carbohydrates

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------|-------|------------------------|--------------------------|
| Carbohydrates | 25 g | 45.45% | 50% |
| Fibers | 2 g | 5.26% | 8% |

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------|--------------------------|
| Sugars | 2 g | N/A | N/A |
| Lactose | 0 g | N/A | N/A |

Fats

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------------|--------|------------------------|--------------------------|
| Monounsaturated Fat | 3 g | N/A | N/A |
| Saturated Fat | 12 g | 54.55% | 70.59% |
| Fat | 25 g | 89.29% | 100% |
| Cholesterol | 200 mg | N/A | N/A |

Vitamins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-------------|-------|------------------------|--------------------------|
| Vitamin A | 10 iu | 1.11% | 1.43% |
| Vitamin C | 6 mg | 6.67% | 8% |
| Vitamin B6 | 0 mg | 0% | 0% |
| Vitamin B12 | 1 mcg | 41.67% | 41.67% |
| Vitamin E | 2 mg | 13.33% | 13.33% |
| Vitamin D | 0 mcg | 0% | 0% |

Minerals

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-----------|--------|------------------------|--------------------------|
| Sodium | 800 mg | 34.78% | 34.78% |
| Calcium | 20 mg | 2% | 2% |
| Iron | 10 mg | 125% | 55.56% |
| Potassium | 400 mg | 11.76% | 15.38% |
| Zinc | 2 mg | 18.18% | 25% |
| Selenium | 30 mcg | 54.55% | 54.55% |

Recipe Attributes

Cuisines

Italian French Japanese German American Middle Eastern

Meal Type

Lunch Dinner Snack

Nutritional Content

Low Calorie Low Fat High Fiber Sugar-Free High Vitamin C High Iron
High Calcium

Kitchen Tools

Grill Slow Cooker Pressure Cooker

Course

Main Dishes

Difficulty Level

Medium

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