



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Parsley Buttered Shrimp Pasta

Parsley Buttered Shrimp Pasta is a delicious and flavorful dish that combines succulent shrimp with a rich and creamy butter sauce. The dish is typically served with pasta, creating a satisfying and comforting meal. The recipe has a long history and is enjoyed by seafood lovers around the world.

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

500 g	Shrimp
100 g	butter
50 g	Parsley
2 cloves	garlic

1 pieces	Lemon
1 tsp	Salt
1 tsp	Pepper
400 g	Pasta

Directions

Step 1

Boiling

Cook the pasta according to package instructions.

Prep Time: 10 mins

Cook Time: 10 mins

Step 2

Sautéing

In a large skillet, melt the butter over medium heat. Add the minced 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 cooked through.

Prep Time: 0 mins

Cook Time: 8 mins

Step 4

Stirring

Add the chopped parsley, lemon juice, salt, and pepper to the skillet. Stir well to combine.

Prep Time: 2 mins

Cook Time: 0 mins

Step 5

Stirring

Add the cooked pasta to the skillet and toss until well coated with the butter sauce.

Prep Time: 0 mins

Cook Time: 5 mins

Step 6

Serving

Serve the Parsley Buttered Shrimp Pasta hot and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 18 g

Protein: 20 g

Carbohydrates: 30 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	30 g	54.55%	60%
Fibers	4 g	10.53%	16%
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	10 g	N/A	N/A
Saturated Fat	6 g	27.27%	35.29%
Fat	18 g	64.29%	72%
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	20 mg	22.22%	26.67%
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	8 mg	0.8%	0.8%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	15 mg	187.5%	83.33%
Potassium	400 mg	11.76%	15.38%
Zinc	2 mg	18.18%	25%
Selenium	35 mcg	63.64%	63.64%

Recipe Attributes

Seasonality

Summer Fall

Events

Thanksgiving

Cuisines

Italian Chinese Mexican Mediterranean Middle Eastern

Nutritional Content

Low Calorie High Protein Low Fat Low Carb High Fiber Low Sodium
Sugar-Free High Calcium

Kitchen Tools

Blender Microwave Grill Slow Cooker

Meal Type

Lunch Dinner Snack

Difficulty Level

Easy

Visit our website: healthdor.com