

Skinny Cajun Shrimp Alfredo Pasta

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/cajun-shrimp-recipes>

Ingredients:

- 8 ounces pasta I used linguine, use whatever you like
- 1 pound shrimp shelled
- 2 teaspoons olive oil
- 3 teaspoons Cajun seasoning
- 2 tablespoons unsalted butter
- 2 cloves garlic minced
- 2 tablespoons all-purpose flour
- 1 3/4 cups milk I used 2%
- 1/2 teaspoon dried thyme
- 1/2 teaspoon dried oregano
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 cup shredded Parmesan cheese

Nutrition:

1. Calories: 520 calories
2. Carbohydrate: 55 grams
3. Cholesterol: 200 milligrams
4. Fat: 15 grams
5. Fiber: 2 grams
6. Protein: 38 grams
7. SaturatedFat: 6 grams
8. Sodium: 480 milligrams
9. Sugar: 8 grams

Thank you for visiting our website. Hope you enjoy Skinny Cajun Shrimp Alfredo Pasta above. You can see more 17 cajun shrimp recipes Deliciousness awaits you! to get more great cooking ideas.