

Roasted Shrimp Fettuccine Alfredo

Yield: 6 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-shrimp-fettuccine-alfredo-recipe>

Ingredients:

- 4 cups broccoli florets
- 12 ounces peeled shrimp medium deveined, uncooked
- 2 1/2 tablespoons olive oil
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 teaspoon garlic powder
- 1/4 teaspoon paprika
- 12 ounces fettuccine
- 1 tablespoon olive oil
- 1 tablespoon butter
- 6 garlic cloves minced
- 1/4 cup all purpose flour
- 1 3/4 cups chicken broth
- 1 1/2 cups milk I use lowfat
- 1 teaspoon dried basil
- 1/2 teaspoon salt EACH, dried parsley, onion pwr
- 1/4 teaspoon black pepper
- 1 dash red pepper flakes optional
- 1/2 cup grated Parmesan cheese freshly
- 3/4 cup shredded mozzarella cheese
- 2 ounces cream cheese cubed, I use 1/3 less fat
- grated Parmesan cheese freshly
- fresh parsley
- lemon juice

Nutrition:

1. Calories: 580 calories

2. Carbohydrate: 59 grams
 3. Cholesterol: 130 milligrams
 4. Fat: 24 grams
 5. Fiber: 4 grams
 6. Protein: 33 grams
 7. SaturatedFat: 9 grams
 8. Sodium: 770 milligrams
 9. Sugar: 7 grams
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