

Jambalaya Pasta

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/garlic-shrimp-and-italian-sausage-pasta-recipe>

Ingredients:

- 2 italian sausages chicken
- 2 cloves garlic thinly sliced
- 1 pound shrimp peeled and deveined
- 1 cup cream or half and half
- 2 tablespoons Cajun seasoning
- 1 pound penne cooked according to package directions and drained
- grated Parmesan cheese to taste

Nutrition:

1. Calories: 900 calories
2. Carbohydrate: 92 grams
3. Cholesterol: 265 milligrams
4. Fat: 37 grams
5. Fiber: 4 grams
6. Protein: 49 grams
7. SaturatedFat: 16 grams
8. Sodium: 680 milligrams
9. Sugar: 4 grams

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