

Healthy Shrimp Pasta

Yield: 6 min
Total Time: 26 min

Recipe from: <https://www.recipeschoose.com/recipes/shrimp-with-pasta-vietnamese-recipe>

Ingredients:

- 12 ounces shrimp tails removed
- 8 ounces pasta I used linguine
- 3 cups fresh spinach
- 5 ounces light cream cheese
- 1/4 cup wine crisp, I used Masi Masiatico Pinot Grigio & Verduzzo
- 3/4 cup shrimp stock or vegetable broth
- 1/4 cup light cream
- 1/3 cup Parmesan
- 1 onion small, finely chopped
- 2 cloves garlic minced
- 1/2 yellow pepper chopped
- 2 tablespoons butter
- 1 dash salt and pepper
- lemon zest

Nutrition:

1. Calories: 350 calories
2. Carbohydrate: 35 grams
3. Cholesterol: 120 milligrams
4. Fat: 13 grams
5. Fiber: 2 grams
6. Protein: 22 grams
7. SaturatedFat: 7 grams
8. Sodium: 430 milligrams
9. Sugar: 4 grams

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