

# Calorie-rich shrimp pasta tops Xtreme Eating list

January 17 2013

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A plate of crispy battered shrimp, mushrooms, tomato and arugula tossed with spaghetti and a cream sauce took the cake Wednesday as the most calorie-rich chain restaurant dish in America.

Packing a whopping 3,120 calories, the Cheesecake Factory's Bistro Shrimp Pasta, which sells in Washington for \$17.95, loomed large over other gut-busting menu items on this year's Xtreme Eating Awards list.

The countdown of high-calorie entrees and desserts is put out by the Center for Science in the Public Interest, a Washington-based advocacy group focusing on health, nutrition and [food safety](#).

Among other dishes under the Xtreme Eating spotlight are the 1,980-calorie Deep Dish Macaroni and 3-Cheese at Uno Chicago Grill and a 1,820-calorie Chocolate Zuccotto Cake at Maggiano's Little Italy.

By way of comparison, the average adult requires 2,000 calories a day.

"It's as if ... major restaurant chains are scientifically engineering these extreme meals with the express purpose of promoting obesity, diabetes, and [heart disease](#)," said the center's executive director, Michael Jacobson.

More than one in three adults Americans, and around 17 percent of the nation's youth, are obese, contributing to a higher risk of [high blood pressure](#) and type two diabetes, according to the [Centers for Disease](#)

Control and Prevention.

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Citation: Calorie-rich shrimp pasta tops Xtreme Eating list (2013, January 17) retrieved 26 April 2024 from <https://medicalxpress.com/news/2013-01-calorie-rich-shrimp-pasta-tops-xtreme.html>

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