



## Alfredo Seafood Casserole

READY IN



80 min.

SERVINGS



6

CALORIES



413 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 8 oz soup noodles uncooked (mini-lasagna noodle)
- 2 cups cauliflower florets
- 1 lb alfredo sauce
- 0.5 cup milk
- 0.1 teaspoon pepper
- 0.5 lb shrimp frozen thawed deveined cooked peeled
- 8 oz crab meat refrigerated drained
- 0.3 cup parsley fresh chopped
- 0.3 cup parmesan shredded

- 1 tablespoon butter melted
- 0.3 cup breadcrumbs italian

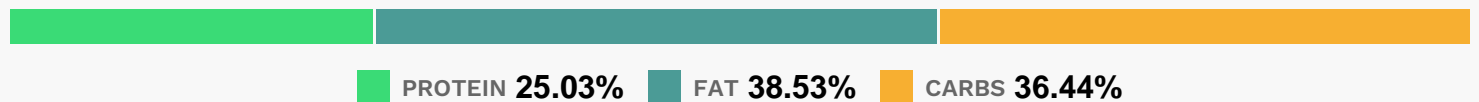
## Equipment

- bowl
- oven
- baking pan
- aluminum foil
- glass baking pan

## Directions

- Heat oven to 350°F. Spray 11x7-inch (2-quart) glass baking dish with cooking spray. Cook pasta as directed on package, adding broccoli for the last 2 minutes of cooking.
- Drain pasta and broccoli.
- In large bowl, mix Alfredo sauce, milk and pepper. Stir in shrimp, crabmeat, parsley and 2 tablespoons of the cheese.
- Add pasta and broccoli; toss gently to mix well. Spoon into baking dish. Cover baking dish with foil.
- Bake 35 to 40 minutes or until hot in center.
- Meanwhile, in small bowl, mix remaining 2 tablespoons cheese, the butter and bread crumbs.
- Sprinkle over casserole.
- Bake 10 to 15 minutes longer or until top is light golden brown.

## Nutrition Facts



## Properties

Glycemic Index:33.83, Glycemic Load:12.09, Inflammation Score:-5, Nutrition Score:18.329565198525%

## Flavonoids

Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

## **Nutrients (% of daily need)**

Calories: 412.62kcal (20.63%), Fat: 17.35g (26.69%), Saturated Fat: 7.93g (49.56%), Carbohydrates: 36.9g (12.3%), Net Carbohydrates: 34.73g (12.63%), Sugar: 4.17g (4.63%), Cholesterol: 131.6mg (43.87%), Sodium: 1012.18mg (44.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.36g (50.71%), Vitamin B12: 3.58µg (59.66%), Selenium: 40.31µg (57.59%), Vitamin K: 46.7µg (44.48%), Copper: 0.64mg (31.79%), Phosphorus: 308.71mg (30.87%), Vitamin C: 22.04mg (26.72%), Zinc: 3.67mg (24.46%), Manganese: 0.48mg (23.82%), Magnesium: 64.38mg (16.1%), Calcium: 143.76mg (14.38%), Folate: 51.37µg (12.84%), Potassium: 419.4mg (11.98%), Vitamin B6: 0.2mg (9.8%), Fiber: 2.17g (8.69%), Vitamin B1: 0.13mg (8.39%), Iron: 1.46mg (8.12%), Vitamin B3: 1.59mg (7.96%), Vitamin A: 368.84IU (7.38%), Vitamin B2: 0.12mg (7.2%), Vitamin B5: 0.65mg (6.5%), Vitamin D: 0.24µg (1.63%), Vitamin E: 0.18mg (1.22%)