



Baked Ziti with Shrimp and Scallops

READY IN



45 min.

SERVINGS



4

CALORIES



483 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounces bay scallops
- ☐ 8 ounce weight cream cheese fat-free softened
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 4 garlic clove minced
- ☐ 1 tablespoon olive oil
- ☐ 3 ounces provolone cheese shredded
- ☐ 12 ounce roasted peppers red drained
- ☐ 0.1 teaspoon salt
- ☐ 8 ounces shrimp deveined peeled chopped

- ☐ 0.5 cup water hot
- ☐ 8 ounces soup noodles tube-shaped uncooked (short pasta)

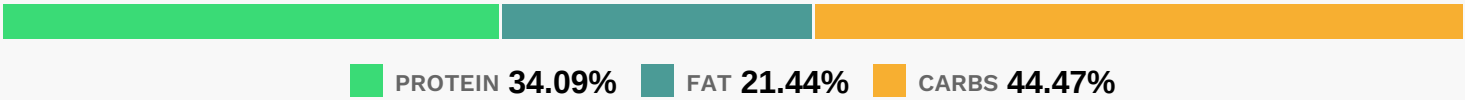
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ broiler
- ☐ dutch oven

Directions

- ☐ Preheat oven to 400.
- ☐ Cook pasta according to the package directions, omitting salt and fat.
- ☐ Drain well.
- ☐ Combine hot water, roasted red bell peppers, and cream cheese in a food processor; process until smooth, scraping sides.
- ☐ Heat the oil in a Dutch oven over medium-high heat.
- ☐ Add salt, shrimp, scallops, and garlic; saut 2 minutes or until shrimp and scallops are almost done.
- ☐ Add pepper mixture to pan; bring to a simmer. Reduce heat; cook 2 minutes, stirring frequently.
- ☐ Add pasta and parsley to shrimp mixture, tossing well to combine. Spoon pasta mixture into an 8-inch square baking dish lightly coated with cooking spray, and sprinkle evenly with cheese.
- ☐ Bake at 400 for 20 minutes or until cheese melts; remove from oven.
- ☐ Preheat broiler.
- ☐ Return dish to oven; broil 2 minutes or until cheese begins to brown.
- ☐ Remove from heat; let stand 10 minutes.

Nutrition Facts



Properties

Glycemic Index:32.75, Glycemic Load:17.43, Inflammation Score:-7, Nutrition Score:23.97782634393%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 482.91kcal (24.15%), Fat: 11.42g (17.58%), Saturated Fat: 4.81g (30.08%), Carbohydrates: 53.31g (17.77%), Net Carbohydrates: 50.38g (18.32%), Sugar: 4.78g (5.31%), Cholesterol: 126.37mg (42.12%), Sodium: 2085.34mg (90.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.87g (81.75%), Phosphorus: 842.05mg (84.2%), Selenium: 49.63µg (70.91%), Vitamin C: 41.81mg (50.68%), Calcium: 454mg (45.4%), Manganese: 0.75mg (37.4%), Copper: 0.55mg (27.52%), Vitamin B12: 1.65µg (27.48%), Zinc: 3.81mg (25.43%), Magnesium: 91.7mg (22.92%), Potassium: 721.11mg (20.6%), Vitamin K: 19.2µg (18.28%), Vitamin B6: 0.36mg (17.76%), Vitamin B2: 0.29mg (17.11%), Vitamin A: 745.62IU (14.91%), Folate: 56.47µg (14.12%), Iron: 2.28mg (12.66%), Fiber: 2.93g (11.72%), Vitamin B3: 2.03mg (10.14%), Vitamin B5: 1mg (9.98%), Vitamin B1: 0.11mg (7.32%), Vitamin E: 0.64mg (4.24%)