



Cazuela de Camarones con Champiñones (Shrimp and Mushroom Casserole)

READY IN



45 min.

SERVINGS



4

CALORIES



860 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup bread crumbs
- ☐ 3 tablespoons butter
- ☐ 1.5 cups cheddar cheese divided
- ☐ 5.5 tablespoons flour
- ☐ 1 garlic clove chopped
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 cup heavy cream
- ☐ 1 cup milk

- ☐ 0.5 teaspoon mustard
- ☐ 2 tablespoons olive oil
- ☐ 0.3 cup onion chopped
- ☐ 0.5 teaspoon paprika
- ☐ 0.3 cup parmesan cheese
- ☐ 4 oz portabello mushrooms diced
- ☐ 4 servings salt and pepper
- ☐ 2 pounds shrimp deveined peeled
- ☐ 2 tablespoons white wine

Equipment

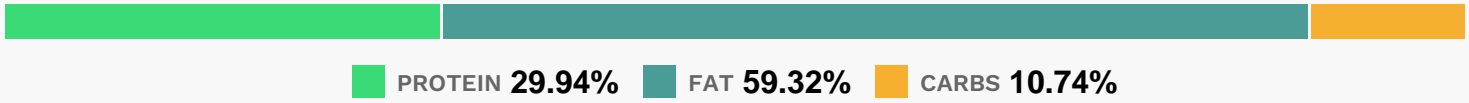
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wooden spoon

Directions

- ☐ Preheat oven to 375 degrees F.
- ☐ Heat the oil and butter in a large skillet over medium-high heat.
- ☐ Add the onions and garlic to the pan. Season with salt and pepper. Cook until soft, about 2 minutes.
- ☐ Add the mushrooms to the pan and season with salt and pepper. Cook until mushrooms are tender, stirring occasionally, about 5 to 7 minutes.
- ☐ Sprinkle the flour into the pan, stir to combine, and cook the roux, stirring, for 2 minutes.
- ☐ Whisk the milk into the saucepan. Season the sauce with the salt, pepper and stir to combine. Bring the sauce to a boil, reduce the heat to a simmer, and cook, stirring frequently with a wooden spoon, until sauce is thick and smooth and any floury taste is gone, about 5 minutes.

- ☐
- Add the wine, heavy cream, mustard, cumin and paprika. Stir well and cook for 2 minutes more. Turn off the heat, add the shrimp and 1 cup of cheddar cheese. Gently stir until cheese is melted and shrimp is beginning to turn pink. Season with salt and white pepper, to taste.
- ☐
- Place the mixture into 4 individual gratin dishes.
- ☐
- Sprinkle the remaining cheddar cheese, parmesan cheese and bread crumbs on top.
- ☐
- Bake for 15 to 20 minutes, or until the sauce is bubbly and the casseroles are browned on the top.
- ☐
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:85.25, Glycemic Load:7.5, Inflammation Score:-8, Nutrition Score:24.533478135648%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg

Nutrients (% of daily need)

Calories: 860.18kcal (43.01%), Fat: 56.93g (87.58%), Saturated Fat: 30.73g (192.07%), Carbohydrates: 23.19g (7.73%), Net Carbohydrates: 21.76g (7.91%), Sugar: 6.85g (7.61%), Cholesterol: 508.9mg (169.63%), Sodium: 1024.97mg (44.56%), Alcohol: 0.77g (100%), Alcohol %: 0.2% (100%), Protein: 64.64g (129.29%), Phosphorus: 887.11mg (88.71%), Calcium: 663.01mg (66.3%), Copper: 1.04mg (52.05%), Selenium: 27.91µg (39.87%), Zinc: 5.59mg (37.26%), Vitamin A: 1836.36IU (36.73%), Vitamin B2: 0.54mg (31.83%), Magnesium: 115.34mg (28.83%), Potassium: 958.55mg (27.39%), Vitamin B1: 0.26mg (17.17%), Vitamin B12: 1.01µg (16.87%), Manganese: 0.31mg (15.49%), Vitamin E: 2.27mg (15.11%), Iron: 2.69mg (14.95%), Vitamin B3: 2.69mg (13.47%), Vitamin D: 1.99µg (13.29%), Folate: 51.29µg (12.82%), Vitamin B5: 1.04mg (10.45%), Vitamin B6: 0.19mg (9.33%), Vitamin K: 9.1µg (8.67%), Fiber: 1.43g (5.74%), Vitamin C: 1.6mg (1.94%)