



Crayfish Fettuccine

READY IN



45 min.

SERVINGS



6

CALORIES



323 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 teaspoon pepper black
- 10 ounce canned tomatoes diced green undrained canned
- 0.5 cup celery chopped
- 4 cups fettuccine barilla hot cooked uncooked (8 ounces pasta)
- 1 pound crayfish cooked peeled
- 12 ounce evaporated skim milk canned
- 0.3 cup flour all-purpose
- 3 garlic cloves minced
- 1 cup bell pepper green chopped

- 0.3 teaspoon ground pepper red
- 1 tablespoon butter reduced-calorie
- 2 cups onion chopped
- 0.3 cup parmesan cheese grated
- 0.3 teaspoon salt
- 4 ounces sharp cheddar cheese reduced-fat

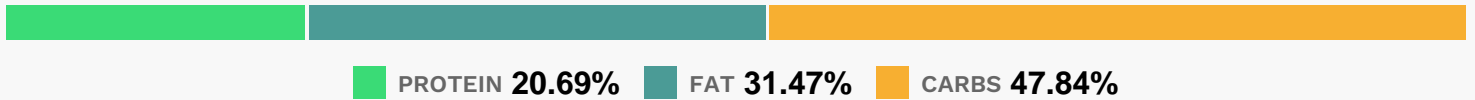
Equipment

- frying pan
- oven
- baking pan

Directions

- Preheat oven to 350
- Melt margarine in a large nonstick skillet over medium-high heat until hot.
- Add onion, bell pepper, celery, and garlic; saut 5 minutes. Stir in flour; cook 2 minutes. Stir in milk and tomatoes; cook 7 minutes or until thick. Stir in pasta and remaining ingredients. Spoon fettuccine mixture into a 13 x 9-inch baking dish; bake at 350 for 25 minutes.
- Note: Packages of cooked peeled crayfish can be found in the frozen-food setion of many supermarkets.

Nutrition Facts



Properties

Glycemic Index:58.83, Glycemic Load:13.56, Inflammation Score:-8, Nutrition Score:17.103912913281%

Flavonoids

Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg Luteolin: 1.27mg, Luteolin: 1.27mg, Luteolin: 1.27mg, Luteolin: 1.27mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 11.43mg, Quercetin:

11.43mg, Quercetin: 11.43mg, Quercetin: 11.43mg

Nutrients (% of daily need)

Calories: 322.57kcal (16.13%), Fat: 11.44g (17.6%), Saturated Fat: 5.11g (31.95%), Carbohydrates: 39.14g (13.05%), Net Carbohydrates: 35.74g (13%), Sugar: 11.89g (13.21%), Cholesterol: 57.13mg (19.04%), Sodium: 465.24mg (20.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.93g (33.86%), Selenium: 30.31µg (43.3%), Calcium: 386.68mg (38.67%), Vitamin C: 29.78mg (36.1%), Phosphorus: 344mg (34.4%), Manganese: 0.51mg (25.61%), Vitamin B2: 0.37mg (21.99%), Vitamin A: 818.82IU (16.38%), Potassium: 555.17mg (15.86%), Vitamin B6: 0.31mg (15.57%), Zinc: 2.28mg (15.22%), Magnesium: 59.34mg (14.83%), Copper: 0.28mg (13.85%), Fiber: 3.4g (13.6%), Vitamin B12: 0.74µg (12.3%), Vitamin B1: 0.18mg (11.82%), Folate: 46.62µg (11.65%), Iron: 1.84mg (10.2%), Vitamin B5: 1.01mg (10.14%), Vitamin D: 1.34µg (8.91%), Vitamin B3: 1.65mg (8.25%), Vitamin K: 7.79µg (7.42%), Vitamin E: 1.1mg (7.32%)