



CraZee's Creamy Seafood and Pasta

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



504 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tablespoon canola oil
- ☐ 0.5 cup chicken broth
- ☐ 0.5 cup additional chicken broth dry white
- ☐ 2 tablespoons cornstarch
- ☐ 2 cloves garlic cloves minced
- ☐ 0.3 teaspoon ground ginger
- ☐ 0.3 cup soya sauce reduced-sodium
- ☐ 8 ounces vermicelli pasta uncooked

- ☐ 1 Dash pepper
- ☐ 1 medium bell pepper sweet red julienned
- ☐ 0.8 teaspoon salt
- ☐ 1 pound sea scallops halved
- ☐ 2 teaspoons sesame oil
- ☐ 1 pound shrimp deveined uncooked peeled
- ☐ 1 teaspoon sugar
- ☐ 2 cups sugar snap peas fresh
- ☐ 1 medium bell pepper sweet yellow julienned

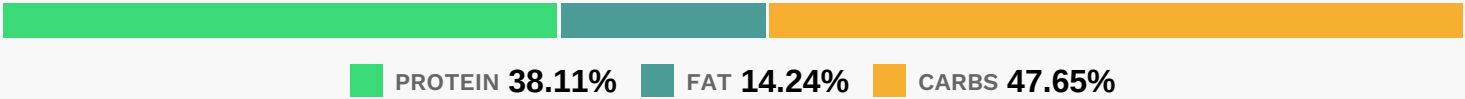
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ pot

Directions

- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Add pasta and cook for 8 to 10 minutes or until al dente; drain.
- ☐ Bring white wine and milk to a simmer in a small saucepan over medium-high heat.
- ☐ Whisk in sour cream and Parmesan cheese, reduce heat to medium-low, and simmer until thickened, about 5 minutes.
- ☐ Remove from the heat and stir in cilantro.
- ☐ Meanwhile, heat olive oil in a skillet over medium-high heat.
- ☐ Add shrimp and scallops, and cook until the shrimp begin to firm and turn pink. Stir in the yellow and orange peppers, season with Cajun seasoning, salt, and pepper; continue cooking until peppers are tender.
- ☐ To serve, place cooked pasta into a serving bowl, top with seafood mixture, and pour sauce overtop.

Nutrition Facts



Properties

Glycemic Index:51.52, Glycemic Load:18.23, Inflammation Score:-9, Nutrition Score:27.906956299492%

Flavonoids

Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 504.37kcal (25.22%), Fat: 7.93g (12.2%), Saturated Fat: 1.02g (6.39%), Carbohydrates: 59.72g (19.91%), Net Carbohydrates: 55.53g (20.19%), Sugar: 6.07g (6.75%), Cholesterol: 210.96mg (70.32%), Sodium: 1815.01mg (78.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 47.76g (95.53%), Vitamin C: 122.54mg (148.53%), Phosphorus: 801.3mg (80.13%), Selenium: 51.53µg (73.61%), Manganese: 0.93mg (46.6%), Copper: 0.73mg (36.67%), Magnesium: 125.99mg (31.5%), Vitamin A: 1528.49IU (30.57%), Potassium: 957.02mg (27.34%), Vitamin B12: 1.61µg (26.84%), Zinc: 3.8mg (25.34%), Vitamin B6: 0.42mg (21.16%), Folate: 77.43µg (19.36%), Iron: 3.37mg (18.74%), Fiber: 4.18g (16.74%), Vitamin K: 16.6µg (15.81%), Vitamin B3: 2.94mg (14.72%), Calcium: 128.17mg (12.82%), Vitamin B1: 0.18mg (11.91%), Vitamin B2: 0.2mg (11.64%), Vitamin B5: 1.07mg (10.66%), Vitamin E: 1.45mg (9.7%)