



Creamy Gruyère and Shrimp Pasta

READY IN



45 min.

SERVINGS



6

CALORIES



455 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 tablespoon butter
- 2 tablespoons wine dry white
- 0.3 cup flour all-purpose
- 3 garlic clove minced
- 0.3 teaspoon ground pepper red
- 5 ounces gruyere cheese shredded divided
- 2 cups milk 2% reduced-fat
- 8 ounces orecchiette uncooked
- 2 cups peas green frozen thawed

- 0.5 teaspoon salt
- 1.5 pounds shrimp deveined peeled

Equipment

- frying pan
- oven
- whisk
- baking pan
- dutch oven

Directions

- Preheat oven to 37
- Cook pasta according to package directions, omitting salt and fat.
- Drain well.
- Combine the flour and salt in a Dutch oven over medium heat. Gradually add milk, stirring constantly with a whisk; bring to a boil. Cook 1 minute or until slightly thick, stirring constantly with a whisk.
- Remove from heat. Stir in 3/4 cup cheese, stirring until melted.
- Heat butter in a large nonstick skillet over medium-high heat.
- Add shrimp and garlic; saut 3 minutes. Stir in wine and pepper, and cook 1 minute or until shrimp is done.
- Add pasta, shrimp mixture, and peas to cheese mixture, tossing well to combine. Spoon the pasta mixture into a 13 x 9-inch baking dish lightly coated with cooking spray; sprinkle evenly with remaining 1/2 cup cheese.
- Bake at 375 for 20 minutes or until cheese melts and begins to brown.
- Garnish with the parsley, if desired.
- Serve immediately.

Nutrition Facts



■ PROTEIN 36.14% ■ FAT 25% ■ CARBS 38.86%

Properties

Glycemic Index:48.06, Glycemic Load:16.25, Inflammation Score:-7, Nutrition Score:19.890000138594%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 454.97kcal (22.75%), Fat: 12.5g (19.22%), Saturated Fat: 6.92g (43.24%), Carbohydrates: 43.7g (14.57%), Net Carbohydrates: 39.54g (14.38%), Sugar: 7.9g (8.78%), Cholesterol: 219.87mg (73.29%), Sodium: 554.71mg (24.12%), Alcohol: 0.51g (100%), Alcohol %: 0.21% (100%), Protein: 40.64g (81.29%), Phosphorus: 591.24mg (59.12%), Selenium: 32.17µg (45.95%), Calcium: 430.35mg (43.04%), Manganese: 0.67mg (33.29%), Copper: 0.66mg (33.13%), Zinc: 4.02mg (26.77%), Vitamin C: 20.02mg (24.27%), Magnesium: 95.03mg (23.76%), Vitamin B2: 0.33mg (19.27%), Potassium: 648.28mg (18.52%), Vitamin B1: 0.25mg (16.8%), Fiber: 4.16g (16.64%), Vitamin A: 767.07IU (15.34%), Folate: 54.3µg (13.58%), Vitamin B12: 0.8µg (13.31%), Vitamin K: 13.11µg (12.49%), Iron: 2.14mg (11.87%), Vitamin B6: 0.21mg (10.49%), Vitamin B3: 2.08mg (10.41%), Vitamin B5: 0.66mg (6.63%), Vitamin E: 0.28mg (1.85%)