



## Garlicky Shrimp and Pasta

READY IN



40 min.

SERVINGS



4

CALORIES



349 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- ☐ 4 oz shells uncooked
- ☐ 1 tablespoon olive oil
- ☐ 3 cloves garlic finely chopped
- ☐ 2 tablespoons flour all-purpose
- ☐ 1.3 cups chicken broth (from 32-oz carton)
- ☐ 0.3 cup wine dry white
- ☐ 12 oz shrimp frozen thawed deveined cooked peeled
- ☐ 0.3 cup parsley fresh chopped
- ☐ 0.3 cup parmesan shredded

- ☐ 0.3 cup breadcrumbs italian
- ☐ 2 tablespoons butter melted
- ☐ 0.5 cup frangelico

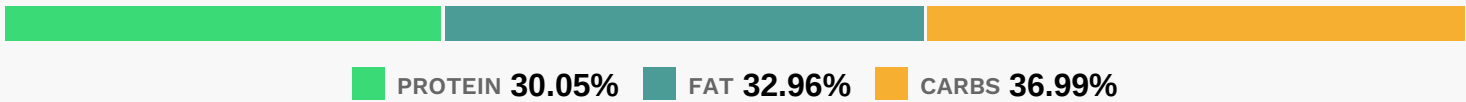
## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven

## Directions

- ☐ Heat oven to 350°F. Spray 4 (10-oz) individual casseroles with cooking spray.
- ☐ Cook pasta about 9 minutes or for minimum cook time directed on package.
- ☐ Drain.
- ☐ Meanwhile, in 3-quart saucepan, heat oil over medium-high heat.
- ☐ Add garlic; cook 1 to 2 minutes or just until garlic begins to brown. Stir in flour; cook until mixture is smooth and bubbly. Gradually add broth and half-and-half, stirring constantly, until mixture boils and thickens. Stir in wine; cook and stir 1 minute.
- ☐ Stir in cooked pasta, shrimp, parsley and cheese; spoon evenly into casseroles.
- ☐ In small bowl, stir together bread crumbs and butter.
- ☐ Sprinkle over pasta mixture.
- ☐ Place casseroles on cookie sheet.
- ☐ Bake 15 to 20 minutes or until bubbly around edges.

## Nutrition Facts



## Properties

Glycemic Index:67.75, Glycemic Load:10.96, Inflammation Score:-5, Nutrition Score:13.325217421288%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 348.92kcal (17.45%), Fat: 12.24g (18.84%), Saturated Fat: 5.37g (33.59%), Carbohydrates: 30.92g (10.31%), Net Carbohydrates: 29.44g (10.7%), Sugar: 1.8g (2%), Cholesterol: 157.7mg (52.57%), Sodium: 573.53mg (24.94%), Alcohol: 2.06g (100%), Alcohol %: 1.09% (100%), Protein: 25.11g (50.22%), Vitamin K: 64.81µg (61.72%), Selenium: 23µg (32.86%), Phosphorus: 307.98mg (30.8%), Manganese: 0.48mg (23.88%), Copper: 0.46mg (23.16%), Calcium: 163mg (16.3%), Magnesium: 56.58mg (14.15%), Zinc: 1.98mg (13.22%), Vitamin A: 541.31IU (10.83%), Potassium: 369.67mg (10.56%), Vitamin B1: 0.15mg (9.81%), Iron: 1.76mg (9.77%), Vitamin B2: 0.14mg (8.14%), Vitamin B3: 1.42mg (7.09%), Vitamin C: 5.69mg (6.9%), Folate: 25.8µg (6.45%), Fiber: 1.48g (5.93%), Vitamin E: 0.78mg (5.19%), Vitamin B6: 0.1mg (4.86%), Vitamin B5: 0.26mg (2.56%), Vitamin B12: 0.13µg (2.09%)