



## Kevin's Sea Shells

READY IN



90 min.

SERVINGS



9

CALORIES



321 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.3 cup butter
- 0.3 cup flour all-purpose sifted
- 0.5 cup green onions chopped
- 0.5 teaspoon ground pepper black
- 2 cups half-and-half cream
- 36 jumbo shells
- 1 cup mushrooms sliced
- 1 cup freshly parmesan cheese shredded
- 1 teaspoon salt

- 1.5 pounds shrimp deveined peeled
- 0.5 cup cup heavy whipping cream sour
- 0.8 cup swiss cheese shredded
- 0.3 cup white wine

## Equipment

- bowl
- frying pan
- oven
- pot
- baking pan
- slotted spoon

## Directions

- Fill a pot with water, bring to a boil, and reduce heat to a simmer. Cook the shrimp in the simmering water until they turn pink and opaque, 3 to 4 minutes.
- Drain the shrimp, and cut in half; mix the shrimp, sour cream, and Swiss cheese in a bowl.
- Preheat oven to 375 degrees F (190 degrees C). Lightly grease a 9x12-inch baking dish.
- Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the pasta shells, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 13 minutes. Gently remove the shells with a slotted spoon. Stuff 18 shells with about 1 1/2 tablespoon of the shrimp mixture, place them in the prepared baking dish, then cover each stuffed shell with another shell to enclose the filling.
- Melt the butter in a skillet over medium heat. Cook and stir the mushrooms and green onions until the mushrooms give up their juice, about 3 minutes. Stir in the flour, white wine, salt, pepper, and half-and-half cream. Cook, stirring often, until thickened and smooth.
- Pour the sauce over the stuffed shells.
- Sprinkle the top with Parmesan cheese.
- Bake in the preheated oven until the cheese has melted and begun to brown and the sauce is bubbling, about 25 minutes.

# Nutrition Facts

PROTEIN 31.24% FAT 56.21% CARBS 12.55%

## Properties

Glycemic Index:36.89, Glycemic Load:3.45, Inflammation Score:-5, Nutrition Score:10.198695545611%

## Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg 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 Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

## Nutrients (% of daily need)

Calories: 321.49kcal (16.07%), Fat: 19.97g (30.72%), Saturated Fat: 11.88g (74.22%), Carbohydrates: 10.03g (3.34%), Net Carbohydrates: 9.53g (3.47%), Sugar: 3.27g (3.63%), Cholesterol: 177.56mg (59.19%), Sodium: 622.4mg (27.06%), Alcohol: 0.69g (100%), Alcohol %: 0.44% (100%), Protein: 24.97g (49.95%), Phosphorus: 376.78mg (37.68%), Calcium: 338.93mg (33.89%), Copper: 0.37mg (18.38%), Selenium: 12.21µg (17.44%), Vitamin B2: 0.26mg (15.3%), Zinc: 2.14mg (14.25%), Vitamin A: 645.03IU (12.9%), Vitamin K: 13.37µg (12.73%), Magnesium: 46.92mg (11.73%), Potassium: 372.82mg (10.65%), Vitamin B12: 0.55µg (9.15%), Manganese: 0.13mg (6.32%), Iron: 0.91mg (5.07%), Vitamin B5: 0.5mg (4.95%), Vitamin B1: 0.07mg (4.49%), Folate: 16.69µg (4.17%), Vitamin B3: 0.8mg (4.02%), Vitamin B6: 0.07mg (3.7%), Vitamin E: 0.45mg (2.98%), Vitamin C: 1.87mg (2.26%), Fiber: 0.5g (2%)