



Macaroni -Shrimp

READY IN

ready

95 min.

SERVINGS

servings

6

CALORIES

calories

584 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon pepper black freshly ground
- ☐ 5 tablespoons butter divided
- ☐ 1 cup celery finely chopped
- ☐ 1 cup colby jack cheese shredded
- ☐ 3 tablespoons cornstarch mixed with 1/2 cup warm water
- ☐ 1 eggs lightly beaten
- ☐ 7 ounces elbow macaroni uncooked
- ☐ 2 teaspoons chives fresh chopped
- ☐ 3 cloves garlic finely chopped

- ☐ 0.5 teaspoon ground nutmeg
- ☐ 1.5 cups nonfat half-and-half
- ☐ 0.5 cup onion finely chopped
- ☐ 0.5 teaspoon paprika for garnish
- ☐ 2 teaspoons salt divided
- ☐ 2 cups sharp cheddar shredded
- ☐ 1 pound shrimp shelled deveined 40 to 60 count

Equipment

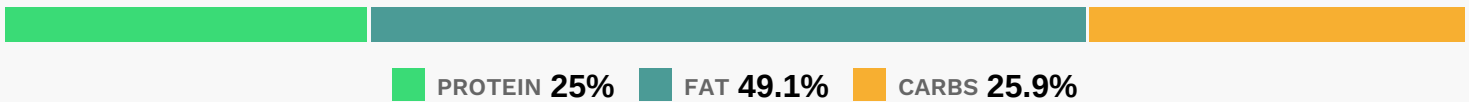
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ casserole dish

Directions

- ☐ Preheat oven to 375 degrees F.
- ☐ Cook macaroni according to package directions.
- ☐ Drain and set aside.
- ☐ Cut shrimp crosswise into thirds. In a medium frying pan, over medium heat, melt 2 tablespoons butter.
- ☐ Add garlic, and cook until translucent. Stir in the onion and celery, and cook, stirring occasionally, until translucent.
- ☐ Add shrimp, 1 teaspoon salt, chives and pepper.
- ☐ Mix thoroughly, reduce heat and cover. Cook for 10 to 12 minutes until the shrimp are cooked through.
- ☐ Drain and reserve liquid.
- ☐ In a medium saucepan, melt 2 tablespoons butter over low heat. Stir in cornstarch/water mixture, nutmeg, and remaining 1 teaspoon salt. Gradually stir in half-and-half; cook and stir until mixture thickens slightly and bubbles.

- ☐ Remove from heat.
- ☐ Add half the colby cheese and 1 cup of the cheddar. Stir until melted; then add remaining colby cheese. Continue to stir until mixture is smooth.
- ☐ Add reserved liquid from shrimp and continue to stir until mixture is well combined.
- ☐ Grease a 2-quart casserole with remaining tablespoon butter. In large bowl combine shrimp and cooked macaroni; add cheese sauce and mix thoroughly.
- ☐ Pour mixture into casserole dish and stir in the egg.
- ☐ Bake 35 to 40 minutes or until lightly browned and bubbly.
- ☐ Remove from the oven and sprinkle with remaining 1 cup of cheddar cheese. Return to the oven and bake until cheese is melted.
- ☐ Remove from oven and sprinkle with paprika.
- ☐ Let stand 10 to 15 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:54.67, Glycemic Load:0.82, Inflammation Score:-7, Nutrition Score:18.199130566224%

Flavonoids

Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg

Nutrients (% of daily need)

Calories: 583.72kcal (29.19%), Fat: 31.89g (49.05%), Saturated Fat: 18.63g (116.45%), Carbohydrates: 37.84g (12.61%), Net Carbohydrates: 36.04g (13.1%), Sugar: 4.98g (5.54%), Cholesterol: 235.59mg (78.53%), Sodium: 1405.59mg (61.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.53g (73.05%), Phosphorus: 616.08mg (61.61%), Selenium: 39.33µg (56.18%), Calcium: 551.43mg (55.14%), Zinc: 4.2mg (28.02%), Vitamin B2: 0.46mg (27.28%), Copper: 0.45mg (22.68%), Manganese: 0.45mg (22.64%), Vitamin A: 1127.2IU (22.54%), Magnesium: 75.44mg (18.86%), Vitamin B12: 0.97µg (16.23%), Potassium: 544.07mg (15.54%), Vitamin B6: 0.19mg (9.6%), Vitamin K: 8.89µg (8.46%), Folate: 33.23µg (8.31%), Vitamin B5: 0.82mg (8.17%), Iron: 1.37mg (7.62%), Fiber: 1.81g (7.23%), Vitamin B1: 0.09mg (6.33%), Vitamin E: 0.85mg (5.69%), Vitamin B3: 0.79mg (3.95%), Vitamin D: 0.5µg

(3.36%), Vitamin C: 2.59mg (3.14%)