



## Parmesan-Shrimp Pasta Bake

READY IN



60 min.

SERVINGS



8

CALORIES



405 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 16 ounces farfalle pasta (bow-tie)
- 6 tablespoons butter
- 3 cloves garlic finely chopped
- 6 tablespoons flour all-purpose
- 0.3 cup chicken broth dry
- 0.5 cup bottled clam juice
- 1 tablespoon tomato paste
- 0.8 teaspoon salt
- 0.3 teaspoon pepper

- 1 pound shrimp frozen thawed deveined uncooked peeled
- 2 tablespoons optional: dill dried fresh chopped
- 0.8 cup parmesan cheese freshly grated
- 2.8 cups frangelico

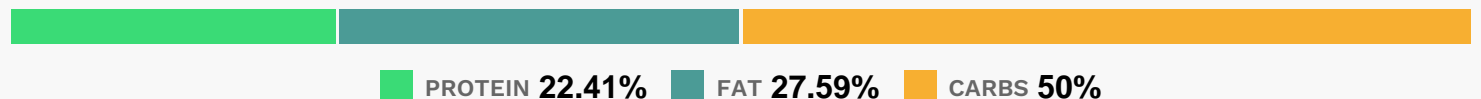
## Equipment

- sauce pan
- oven
- whisk

## Directions

- Heat oven to 350°F. Grease shallow 2-quart casserole with shortening, or spray with cooking spray. Cook and drain pasta as directed on package.
- Melt butter in 2-quart saucepan over medium heat. Cook garlic in butter 1 minute, stirring constantly. Stir in flour. Cook, stirring constantly with wire whisk, until smooth and bubbly.
- Stir in vermouth. Stir in half-and-half, clam juice, tomato paste, salt and pepper. Cook over medium heat, stirring constantly, until thickened. Stir in shrimp, dill weed and 1/4 cup of the cheese.
- Stir pasta into shrimp mixture.
- Pour into casserole.
- Sprinkle with remaining 1/2 cup cheese.
- Bake uncovered 35 to 40 minutes or until light brown and hot.

## Nutrition Facts



## Properties

Glycemic Index:29.88, Glycemic Load:20.37, Inflammation Score:-5, Nutrition Score:11.521304477816%

## Flavonoids

Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## **Nutrients (% of daily need)**

Calories: 405.19kcal (20.26%), Fat: 12.35g (18.99%), Saturated Fat: 3.43g (21.47%), Carbohydrates: 50.35g (16.78%), Net Carbohydrates: 48.2g (17.53%), Sugar: 2.32g (2.58%), Cholesterol: 99.64mg (33.21%), Sodium: 658mg (28.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.56g (45.12%), Selenium: 41.39µg (59.13%), Manganese: 0.63mg (31.44%), Phosphorus: 301.99mg (30.2%), Copper: 0.41mg (20.75%), Magnesium: 56.85mg (14.21%), Calcium: 140.01mg (14%), Zinc: 2.05mg (13.67%), Vitamin A: 517.57IU (10.35%), Potassium: 345.13mg (9.86%), Fiber: 2.15g (8.6%), Iron: 1.46mg (8.1%), Vitamin B1: 0.11mg (7.17%), Vitamin B3: 1.43mg (7.16%), Vitamin B2: 0.11mg (6.49%), Vitamin B6: 0.12mg (5.96%), Folate: 22.78µg (5.7%), Vitamin E: 0.55mg (3.65%), Vitamin B5: 0.33mg (3.32%), Vitamin B12: 0.14µg (2.39%), Vitamin C: 1.63mg (1.98%)