



## Pasta with Oysters and Tasso

READY IN



45 min.

SERVINGS



7

CALORIES



283 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 6 cups angel hair pasta hot cooked uncooked ()
- 0.1 teaspoon creole seasoning
- 1 cup evaporated skim milk
- 2 tablespoons flour all-purpose
- 1 tablespoon parsley fresh chopped
- 1 garlic clove minced
- 1 cup spring onion chopped
- 12 ounce dozens oysters undrained
- 0.7 cup frangelico diced

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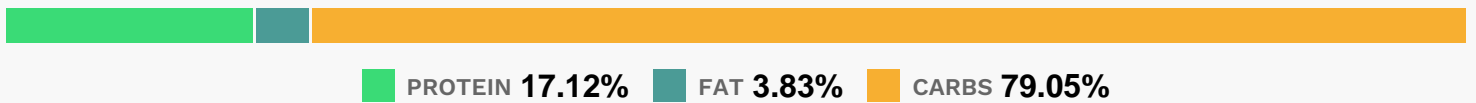
## Equipment

- bowl
- sauce pan
- whisk

## Directions

- Drain oysters, reserving 1/3 cup juice, and set both aside.
- Combine chopped green onions, skim milk, diced tasso, and garlic in a medium saucepan, and cook milk mixture over medium-low heat 10 minutes, stirring occasionally.
- Place flour in a small bowl.
- Add reserved oyster juice, stirring with a whisk until blended, and add to milk mixture. Cook oyster juice mixture over medium heat 4 minutes or until thick, stirring constantly.
- Add oysters, chopped parsley, and Cajun-Creole Seasoning; cook 4 minutes or until edges of oysters curl.
- Combine oyster mixture and pasta in a large bowl; toss well.
- Garnish with basil sprigs, if desired.
- Note: If you cannot find tasso you can substitute 2/3 cup diced smoked pork chops.

## Nutrition Facts



## Properties

Glycemic Index:34.71, Glycemic Load:20.75, Inflammation Score:-5, Nutrition Score:13.712174078693%

## Flavonoids

Apigenin: 1.23mg, Apigenin: 1.23mg, Apigenin: 1.23mg, Apigenin: 1.23mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg

## Nutrients (% of daily need)

Calories: 282.83kcal (14.14%), Fat: 1.19g (1.83%), Saturated Fat: 0.26g (1.6%), Carbohydrates: 55.19g (18.4%), Net Carbohydrates: 52.66g (19.15%), Sugar: 6.27g (6.96%), Cholesterol: 3.41mg (1.14%), Sodium: 52.78mg (2.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.95g (23.91%), Selenium: 43.38µg (61.97%), Vitamin K: 39.1µg (37.24%), Manganese: 0.65mg (32.62%), Zinc: 3.23mg (21.52%), Phosphorus: 206.22mg (20.62%), Copper: 0.35mg (17.39%), Calcium: 134.65mg (13.46%), Magnesium: 48.6mg (12.15%), Vitamin B2: 0.18mg (10.55%), Fiber: 2.52g (10.1%), Potassium: 319.68mg (9.13%), Vitamin B12: 0.51µg (8.55%), Iron: 1.52mg (8.46%), Folate: 29.19µg (7.3%), Vitamin B3: 1.42mg (7.08%), Vitamin A: 351.69IU (7.03%), Vitamin B1: 0.1mg (6.76%), Vitamin B6: 0.13mg (6.46%), Vitamin B5: 0.58mg (5.83%), Vitamin C: 4.05mg (4.9%), Vitamin D: 0.73µg (4.88%), Vitamin E: 0.21mg (1.38%)