



Savannah Seafood Parmesan

READY IN



45 min.

SERVINGS



10

CALORIES



413 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup butter
- ☐ 0.3 cup chicken broth dry white
- ☐ 8 ounce bottled clam juice
- ☐ 16 ounces bow tie pasta cooked
- ☐ 0.5 cup flour all-purpose
- ☐ 2 garlic cloves minced
- ☐ 3 cups half-and-half
- ☐ 2 tablespoons cocktail sauce
- ☐ 1 cup lump crab meat fresh drained

- ☐ 0.8 teaspoon old bay seasoning
- ☐ 1.5 cups parmesan cheese divided freshly grated
- ☐ 0.3 teaspoon pepper
- ☐ 4 ounce pimientos diced undrained
- ☐ 0.5 teaspoon salt
- ☐ 1 pound shrimp fresh unpeeled
- ☐ 1 cup water
- ☐ 2 teaspoons or dried fresh chopped

Equipment

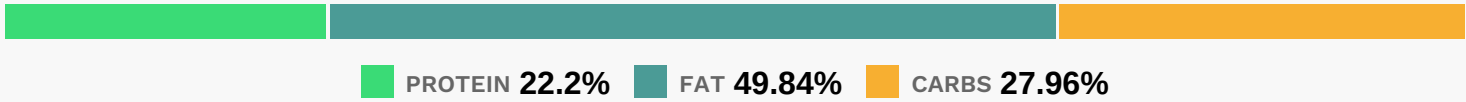
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ baking pan
- ☐ measuring cup

Directions

- ☐ Peel shrimp, reserving shells; devein shrimp, if desired. Chill.
- ☐ Bring reserved shrimp shells and 1 cup water to a boil in a medium saucepan; reduce heat, and simmer 2 minutes.
- ☐ Pour stock through a wire-mesh strainer into a measuring cup, discarding shells.
- ☐ Melt butter in saucepan over medium heat; add minced garlic, and saut 2 minutes.
- ☐ Whisk in flour until smooth. Cook, whisking constantly, 1 minute. Gradually whisk in shrimp stock and half-and-half until smooth.
- ☐ Add wine, clam juice, and next 4 ingredients. Cook, whisking constantly, 5 minutes or until thickened and bubbly.
- ☐ Stir in shrimp, 3/4 cup cheese, and next 3 ingredients.
- ☐ Combine sauce and pasta, tossing to coat. Spoon into a lightly greased 13- x 9-inch baking dish, and sprinkle with remaining 3/4 cup cheese.

- ☐ Bake at 350 for 25 to 30 minutes or until bubbly.
- ☐ * 3/4 cup chicken broth may be substituted for clam juice.

Nutrition Facts



Properties

Glycemic Index:24.55, Glycemic Load:10.14, Inflammation Score:-8, Nutrition Score:14.190869746001%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg 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 Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 413.26kcal (20.66%), Fat: 22.62g (34.8%), Saturated Fat: 9.49g (59.33%), Carbohydrates: 28.56g (9.52%), Net Carbohydrates: 27.1g (9.86%), Sugar: 5.19g (5.77%), Cholesterol: 118.54mg (39.51%), Sodium: 846.97mg (36.82%), Alcohol: 0.82g (100%), Alcohol %: 0.37% (100%), Protein: 22.68g (45.36%), Selenium: 28.01µg (40.02%), Phosphorus: 341.57mg (34.16%), Vitamin B12: 1.87µg (31.18%), Calcium: 265.25mg (26.52%), Vitamin A: 1143.52IU (22.87%), Copper: 0.42mg (21.11%), Zinc: 2.9mg (19.31%), Vitamin C: 15.08mg (18.28%), Vitamin B2: 0.26mg (15.18%), Manganese: 0.29mg (14.64%), Magnesium: 50.48mg (12.62%), Iron: 1.91mg (10.64%), Potassium: 362.36mg (10.35%), Vitamin B6: 0.16mg (7.9%), Folate: 28.67µg (7.17%), Vitamin B1: 0.1mg (6.84%), Vitamin K: 7.14µg (6.8%), Fiber: 1.45g (5.81%), Vitamin E: 0.78mg (5.19%), Vitamin B3: 0.99mg (4.97%), Vitamin B5: 0.43mg (4.33%)