



Seafood-Stuffed Pasta Shells

READY IN



65 min.

SERVINGS



6

CALORIES



383 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 18 jumbo elbow pasta uncooked
- ☐ 1 tablespoon butter
- ☐ 0.5 cup onion chopped
- ☐ 0.5 cup bell pepper chopped
- ☐ 0.5 pound asparagus cut into 1-inch pieces (1 1/2 cups)
- ☐ 1.5 cups shrimp frozen thawed cooked
- ☐ 12 ounces crabmeat drained canned ()
- ☐ 17 ounces alfredo sauce
- ☐ 2 tablespoons basil dried fresh chopped

☐ 0.3 cup parmesan shredded

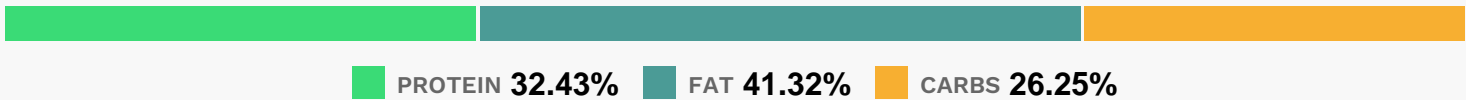
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 350°. Spray rectangular baking dish, 13x9x2 inches, with cooking spray. Cook and drain pasta shells as directed on package.
- ☐ While shells are cooking, melt margarine in 12-inch nonstick skillet over medium-high heat. Cook onion and bell pepper in margarine 2 to 3 minutes, stirring occasionally, until crisp-tender. Stir in asparagus. Cover and cook 3 to 5 minutes,
- ☐ stirring occasionally, until asparagus is crisp-tender; remove from heat. Stir in shrimp, crabmeat, 1/2 cup of the pasta sauce and half of the basil.
- ☐ Spread about 1/4 cup of the remaining sauce over bottom of baking dish. Fill each cooked pasta shell with about 2 tablespoons of the seafood mixture. Arrange in dish. Spoon remaining sauce over shells.
- ☐ Sprinkle each filled shell with Parmesan cheese and remaining basil.
- ☐ Bake uncovered 25 to 30 minutes or until bubbly.

Nutrition Facts



Properties

Glycemic Index:26.67, Glycemic Load:7.89, Inflammation Score:-7, Nutrition Score:19.935652137451%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 2.82mg, Isorhamnetin: 2.82mg, Isorhamnetin: 2.82mg, Isorhamnetin: 2.82mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Quercetin: 8.02mg, Quercetin: 8.02mg, Quercetin: 8.02mg, Quercetin: 8.02mg

Nutrients (% of daily need)

Calories: 383.3kcal (19.16%), Fat: 17.36g (26.71%), Saturated Fat: 7.96g (49.73%), Carbohydrates: 24.82g (8.27%), Net Carbohydrates: 22.27g (8.1%), Sugar: 3.78g (4.2%), Cholesterol: 205.75mg (68.58%), Sodium: 1022.45mg (44.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.66g (61.31%), Selenium: 41.42µg (59.17%), Copper: 0.87mg (43.51%), Vitamin K: 39.51µg (37.63%), Phosphorus: 364.47mg (36.45%), Vitamin B12: 1.94µg (32.34%), Vitamin C: 20.88mg (25.31%), Manganese: 0.5mg (25.19%), Zinc: 3.76mg (25.06%), Calcium: 187.4mg (18.74%), Magnesium: 73.33mg (18.33%), Iron: 3.02mg (16.8%), Folate: 65.59µg (16.4%), Vitamin A: 801.85IU (16.04%), Potassium: 518.42mg (14.81%), Vitamin E: 1.92mg (12.8%), Vitamin B3: 2.55mg (12.76%), Vitamin B6: 0.23mg (11.55%), Fiber: 2.55g (10.21%), Vitamin B2: 0.17mg (9.72%), Vitamin B5: 0.86mg (8.6%), Vitamin B1: 0.1mg (6.96%)