



Seashells by the Seashore

READY IN



55 min.

SERVINGS



55

CALORIES



48 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 14 oz canned tomatoes diced italian-style drained canned
- 12 oz shells cooked drained
- 1.5 lb pacific halibut filets cut into 1-inch pieces
- 0.8 cup 3/4 cup kraft zesty italian dressing italian kraft
- 8 oz monterrey jack cheese shredded with jalapeño peppers, kraft
- 1 bell pepper red cut into strips
- 10 oz roasted peppers red divided

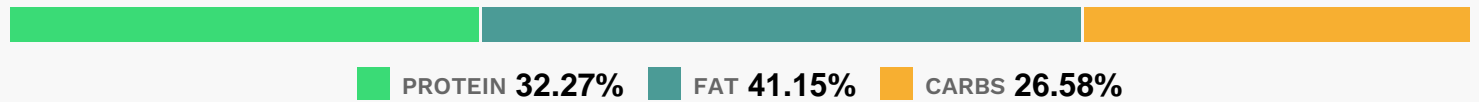
Equipment

- frying pan
- oven
- blender

Directions

- Heat oven to 375F.
- Pour dressing into blender.
- Add tomatoes and 1/2 the roasted peppers; pulse just until blended.
- Spread 1/4 cup onto bottom of 13x9-inch pan. Chop remaining roasted peppers.
- Fill pasta shells with fish; place, filling-sides up, over sauce in pan. Cover with chopped peppers and 1/2 the cheese; top with dressing mixture, remaining cheese and pepper strips.
- Bake 35 min. or until fish flakes easily with fork and filling is heated through.

Nutrition Facts



Properties

Glycemic Index:3.55, Glycemic Load:1.05, Inflammation Score:-2, Nutrition Score:3.0382608641749%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 47.9kcal (2.4%), Fat: 2.19g (3.37%), Saturated Fat: 0.94g (5.85%), Carbohydrates: 3.18g (1.06%), Net Carbohydrates: 2.83g (1.03%), Sugar: 0.81g (0.9%), Cholesterol: 9.73mg (3.24%), Sodium: 145.21mg (6.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.86g (7.73%), Selenium: 8µg (11.42%), Vitamin C: 5.84mg (7.08%), Phosphorus: 55.47mg (5.55%), Vitamin B6: 0.1mg (5.12%), Vitamin B3: 0.98mg (4.88%), Vitamin D: 0.61µg (4.04%), Calcium: 37.2mg (3.72%), Vitamin A: 151.21IU (3.02%), Vitamin B12: 0.17µg (2.84%), Potassium: 95.8mg (2.74%), Manganese: 0.05mg (2.33%), Vitamin K: 2.39µg (2.27%), Vitamin E: 0.28mg (1.9%), Magnesium: 7.5mg (1.88%), Vitamin B2: 0.03mg (1.66%), Zinc: 0.24mg (1.57%), Iron: 0.28mg (1.56%), Copper: 0.03mg (1.56%), Fiber: 0.36g (1.42%), Folate: 5.42µg (1.35%), Vitamin B1: 0.02mg (1.1%)