



Shrimp and Feta Casserole

READY IN



45 min.

SERVINGS



6

CALORIES



545 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 oz angel hair pasta cooked
- ☐ 1 teaspoon basil dried
- ☐ 2 eggs
- ☐ 1 cup evaporated milk
- ☐ 3 oz feta cheese crumbled
- ☐ 0.3 cup parsley fresh chopped
- ☐ 4 cloves garlic minced
- ☐ 1 cup yogurt plain
- ☐ 16 oz salsa

- ☐ 8 oz mozzarella cheese shredded
- ☐ 1 pound shrimp deveined cleaned peeled
- ☐ 2 cups swiss cheese shredded
- ☐ 1 teaspoon frangelico dried
- ☐ 1 teaspoon frangelico dried

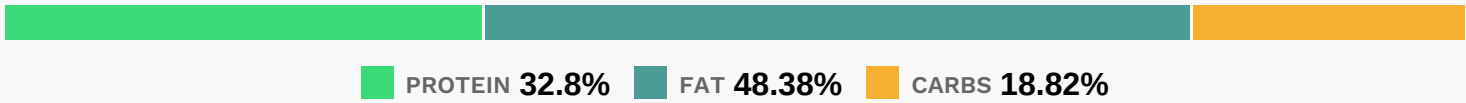
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ In a medium bowl, combine first 9 ingredients; set aside.
- ☐ Spread half the pasta in a greased 13"x9" baking pan. Cover with slasa; add half the shrimp.
- ☐ Spread remaining pasta over shrimp; top with egg mixture.
- ☐ Add remaining shrimp and top with mozzarella cheese.
- ☐ Bake at 350 for 30 minutes.
- ☐ Remove from oven and let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:35.08, Glycemic Load:6.41, Inflammation Score:-8, Nutrition Score:25.005217189374%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 545.2kcal (27.26%), Fat: 29.47g (45.34%), Saturated Fat: 16.82g (105.12%), Carbohydrates: 25.78g (8.59%), Net Carbohydrates: 23.55g (8.56%), Sugar: 9.7g (10.78%), Cholesterol: 269.72mg (89.91%), Sodium: 1137.46mg (49.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.95g (89.91%), Calcium: 831.41mg (83.14%), Phosphorus: 754.17mg (75.42%), Selenium: 36.71µg (52.44%), Vitamin K: 49.07µg (46.74%), Vitamin B12: 2.54µg (42.29%), Vitamin B2: 0.63mg (37.17%), Zinc: 5.26mg (35.05%), Vitamin A: 1409.04IU (28.18%), Copper: 0.44mg (22.12%), Magnesium: 86.41mg (21.6%), Potassium: 711.38mg (20.33%), Vitamin B6: 0.34mg (16.96%), Manganese: 0.31mg (15.56%), Iron: 2.2mg (12.2%), Vitamin B5: 1.21mg (12.15%), Vitamin E: 1.54mg (10.28%), Fiber: 2.23g (8.91%), Folate: 33.58µg (8.4%), Vitamin C: 6.39mg (7.74%), Vitamin B1: 0.11mg (7.66%), Vitamin B3: 1.38mg (6.89%), Vitamin D: 0.58µg (3.89%)