



Shrimp and Pea Pod Casserole

READY IN



45 min.

SERVINGS



6

CALORIES



568 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup almonds sliced
- ☐ 0.5 cup butter
- ☐ 1.8 cups chicken broth (from 32-oz carton)
- ☐ 2 tablespoons wine dry white
- ☐ 0.5 cup flour all-purpose
- ☐ 5 oz mushrooms fresh sliced
- ☐ 2 cloves garlic finely chopped
- ☐ 2 cups milk
- ☐ 0.3 cup parmesan shredded finely

- ☐ 2 cups snow peas frozen thawed drained (from 1-lb bag)
- ☐ 9 oz penne pasta uncooked
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 1 lb shrimp frozen thawed deveined cooked peeled
- ☐ 3 oz swiss cheese shredded

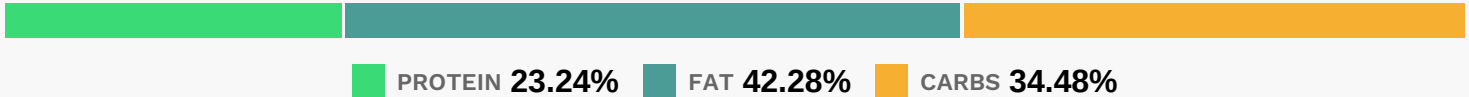
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ dutch oven
- ☐ glass baking pan

Directions

- ☐ Heat oven to 350F. Spray 13x9-inch glass baking dish with cooking spray.
- ☐ Cook and drain pasta as directed on package.
- ☐ Meanwhile, in 4-quart saucepan or Dutch oven, melt butter over low heat. Cook mushrooms and garlic in butter, stirring occasionally, until mushrooms are tender. Stir in flour, salt and pepper. Cook over medium heat, stirring constantly, until mixture is smooth and bubbly. Gradually stir in milk, sherry and broth until smooth.
- ☐ Heat to boiling, stirring constantly. Stir in Fontina cheese until melted; remove from heat.
- ☐ Stir pasta, shrimp and pea pods into mushroom mixture.
- ☐ Pour into baking dish.
- ☐ Sprinkle with Parmesan cheese and almonds.
- ☐ Bake uncovered 20 to 25 minutes or until cheese is golden brown.

Nutrition Facts



Properties

Glycemic Index:54.67, Glycemic Load:20.38, Inflammation Score:-8, Nutrition Score:21.314782764601%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 567.82kcal (28.39%), Fat: 26.64g (40.99%), Saturated Fat: 8.33g (52.04%), Carbohydrates: 48.89g (16.3%), Net Carbohydrates: 45.64g (16.6%), Sugar: 7.4g (8.23%), Cholesterol: 148.86mg (49.62%), Sodium: 846.03mg (36.78%), Alcohol: 0.51g (100%), Alcohol %: 0.17% (100%), Protein: 32.94g (65.89%), Selenium: 40.16µg (57.38%), Phosphorus: 511.55mg (51.16%), Calcium: 370.64mg (37.06%), Manganese: 0.73mg (36.72%), Copper: 0.6mg (29.87%), Vitamin B2: 0.46mg (27.07%), Vitamin A: 1315.64IU (26.31%), Vitamin C: 20.45mg (24.78%), Magnesium: 90.03mg (22.51%), Zinc: 3.15mg (21%), Potassium: 639mg (18.26%), Vitamin B1: 0.26mg (17.56%), Vitamin B12: 0.96µg (15.99%), Vitamin B3: 2.8mg (13.99%), Iron: 2.51mg (13.94%), Fiber: 3.25g (13%), Vitamin E: 1.91mg (12.76%), Vitamin B5: 1.26mg (12.6%), Folate: 47.99µg (12%), Vitamin B6: 0.23mg (11.36%), Vitamin K: 8.93µg (8.5%), Vitamin D: 0.96µg (6.42%)