



Shrimp and Tasso Pasta

READY IN

ready

45 min.

SERVINGS

servings

4

CALORIES

calories

1039 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tablespoon cajun seasoning blend (such as Tony Chachere's®)
- ☐ 0.3 cup celery chopped
- ☐ 1 pound crawfish tails peeled
- ☐ 1 tablespoon basil fresh chopped
- ☐ 0.3 cup parsley fresh chopped
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 2 tablespoons garlic minced
- ☐ 0.5 cup bell pepper green chopped
- ☐ 0.3 cup green onions chopped

- ☐ 1 cup tasso ham cut into matchsticks
- ☐ 2 cups heavy cream
- ☐ 0.3 teaspoon hot sauce tabasco® (such as)
- ☐ 1 tablespoon olive oil
- ☐ 0.8 cup onion chopped
- ☐ 0.5 cup parmesan cheese grated
- ☐ 16 ounce rotini pasta uncooked

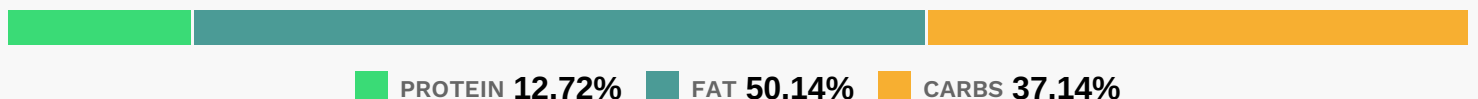
Equipment

- ☐ sauce pan
- ☐ pot
- ☐ colander

Directions

- ☐ Bring a large pot of lightly-salted water to a rolling boil. Stir the rotini into the boiling water. Cook uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 8 minutes.
- ☐ Drain well in a colander set in the sink.
- ☐ Meanwhile, heat the olive oil in a large saucepan over medium heat. Stir in the tasso, and cook until golden brown, about 5 minutes. Stir in the garlic, onion, green pepper, green onion, and celery. Cook and stir until the onion has softened and turned translucent, about 5 minutes.
- ☐ Add the basil, thyme, Cajun seasoning, and hot sauce; cook 1 minute.
- ☐ Pour in the cream, and bring to a simmer over medium-high heat. Reduce heat to medium-low and stir in the Parmesan cheese. Cook and stir until the sauce begins to thicken slightly, about 3 minutes.
- ☐ Add the shrimp and crawfish tails, and cook until hot, then toss with the rotini pasta.
- ☐ Sprinkle with parsley to serve.

Nutrition Facts



Properties

Glycemic Index:83.75, Glycemic Load:35.38, Inflammation Score:-10, Nutrition Score:32.240869522095%

Flavonoids

Apigenin: 8.31mg, Apigenin: 8.31mg, Apigenin: 8.31mg, Apigenin: 8.31mg Luteolin: 1.79mg, Luteolin: 1.79mg, Luteolin: 1.79mg, Luteolin: 1.79mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 7.27mg, Quercetin: 7.27mg, Quercetin: 7.27mg, Quercetin: 7.27mg

Nutrients (% of daily need)

Calories: 1038.52kcal (51.93%), Fat: 58.11g (89.4%), Saturated Fat: 32.31g (201.93%), Carbohydrates: 96.87g (32.29%), Net Carbohydrates: 91.08g (33.12%), Sugar: 8.72g (9.69%), Cholesterol: 185.69mg (61.9%), Sodium: 704.97mg (30.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.18g (66.35%), Selenium: 93.11µg (133.01%), Vitamin K: 87.58µg (83.41%), Vitamin A: 3312.52IU (66.25%), Manganese: 1.3mg (65.03%), Phosphorus: 502.49mg (50.25%), Vitamin C: 28.68mg (34.76%), Vitamin B2: 0.48mg (28.44%), Vitamin B6: 0.55mg (27.4%), Copper: 0.53mg (26.35%), Calcium: 262.48mg (26.25%), Vitamin B1: 0.39mg (26.22%), Zinc: 3.75mg (24.97%), Magnesium: 99.88mg (24.97%), Fiber: 5.79g (23.16%), Vitamin B3: 4.27mg (21.35%), Potassium: 720.71mg (20.59%), Iron: 3.35mg (18.6%), Vitamin E: 2.58mg (17.23%), Vitamin B12: 1µg (16.75%), Vitamin D: 2.21µg (14.74%), Folate: 50.12µg (12.53%), Vitamin B5: 1.23mg (12.29%)