



Shrimp, Pasta and Pepper Bake

 Very Healthy

READY IN



50 min.

SERVINGS



1

CALORIES



2332 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 16 oz mostaccioli pasta uncooked
- 0.5 cup bell pepper red
- 0.5 cup bell pepper green
- 14.5 oz canned tomatoes diced organic undrained canned
- 12 oz shrimp frozen shelled thawed deveined cooked
- 8 oz tomato sauce organic canned
- 4.5 oz mushrooms drained sliced
- 1 teaspoon oregano dried

0.3 teaspoon pepper red crushed

0.3 cup parmesan cheese grated

Equipment

oven

aluminum foil

glass baking pan

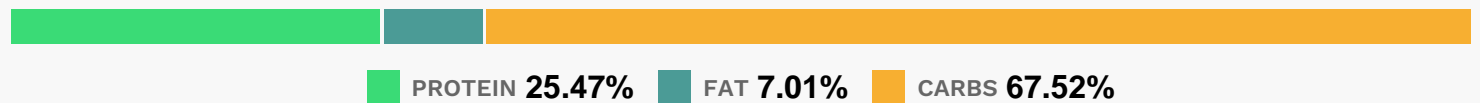
Directions

Heat oven to 350°F. Cook pasta as directed on package; drain.

In ungreased 3-quart casserole or 13x9-inch (3-quart) glass baking dish, place pasta. Stir in peppers, tomatoes, shrimp, tomato sauce, mushrooms, oregano and red pepper flakes; sprinkle with cheese. Cover with foil.

Bake 15 to 20 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:204, Glycemic Load:150.57, Inflammation Score:-10, Nutrition Score:76.476086730542%

Flavonoids

Luteolin: 3.96mg, Luteolin: 3.96mg, Luteolin: 3.96mg, Luteolin: 3.96mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg

Nutrients (% of daily need)

Calories: 2332.26kcal (116.61%), Fat: 18.36g (28.24%), Saturated Fat: 5.93g (37.04%), Carbohydrates: 397.54g (132.51%), Net Carbohydrates: 366.68g (133.34%), Sugar: 45.85g (50.94%), Cholesterol: 569.46mg (189.82%), Sodium: 2507.46mg (109.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 149.96g (299.92%), Selenium: 311.38µg (444.83%), Manganese: 5.63mg (281.52%), Vitamin C: 211.68mg (256.58%), Phosphorus: 2085.02mg (208.5%), Copper: 4.15mg (207.46%), Potassium: 4561.84mg (130.34%), Magnesium: 518.47mg (129.62%), Fiber: 30.86g (123.43%), Vitamin B3: 20.84mg (104.22%), Vitamin B6: 2.05mg (102.55%), Zinc: 14.67mg (97.78%), Vitamin A: 4872.59IU (97.45%), Iron: 17.33mg (96.3%), Vitamin B2: 1.33mg (78.35%), Calcium: 755.58mg (75.56%), Vitamin E: 11.05mg (73.68%), Vitamin B1: 0.97mg (64.57%), Vitamin B5: 6.12mg (61.22%), Folate: 225.28µg (56.32%), Vitamin

K: 51.14µg (48.71%), Vitamin B12: 0.39µg (6.48%), Vitamin D: 0.38µg (2.53%)