



Spicy Shrimp and Pasta Casserole

READY IN



45 min.

SERVINGS



8

CALORIES



364 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 8 servings butter for greasing pan
- 9 ounces angel hair pasta cooked
- 1 teaspoon basil dried crushed
- 2 eggs
- 0.3 cup feta cheese crumbled
- 0.3 cup parsley leaves fresh chopped
- 1.5 cups half-and-half
- 0.5 cup monterey jack grated
- 1 teaspoon oregano dried crushed

- 1 cup yogurt plain
- 16 ounces mild salsa thick
- 2 pounds shrimp deveined cleaned peeled
- 0.5 cup swiss cheese grated

Equipment

- bowl
- frying pan
- oven

Directions

- Preheat the oven to 350 degrees F.
- Grease a 12 by 8-inch pan or glass dish with butter.
- Combine the eggs, half-and-half, yogurt, Swiss and feta cheeses, parsley, basil, and oregano in a large bowl, mixing until thoroughly blended.
- Spread 1/2 of the cooked pasta evenly over the bottom of the prepared pan. Cover the pasta with the salsa.
- Add 1/2 of the shrimp and then cover it with Monterey Jack.
- Add the remaining pasta and shrimp.
- Spread the egg mixture over top of the casserole.
- Bake for 30 minutes or until bubbly.
- Let stand for 10 minutes before serving.

Nutrition Facts



PROTEIN 36.83% **FAT 43.74%** **CARBS 19.43%**

Properties

Glycemic Index:29.44, Glycemic Load:4.9, Inflammation Score:-7, Nutrition Score:15.840869447459%

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: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 364.21kcal (18.21%), Fat: 17.91g (27.55%), Saturated Fat: 10.35g (64.67%), Carbohydrates: 17.9g (5.97%), Net Carbohydrates: 16.07g (5.84%), Sugar: 5.75g (6.39%), Cholesterol: 272.23mg (90.74%), Sodium: 724.41mg (31.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.94g (67.87%), Phosphorus: 467.82mg (46.78%), Vitamin K: 48.5µg (46.19%), Calcium: 337.47mg (33.75%), Copper: 0.54mg (27.11%), Selenium: 18.49µg (26.42%), Zinc: 3.03mg (20.19%), Vitamin A: 999.94IU (20%), Vitamin B2: 0.31mg (18.47%), Magnesium: 71.7mg (17.93%), Potassium: 618.11mg (17.66%), Manganese: 0.24mg (12.03%), Vitamin B12: 0.67µg (11.23%), Iron: 1.93mg (10.71%), Vitamin B6: 0.21mg (10.5%), Vitamin E: 1.22mg (8.15%), Fiber: 1.83g (7.32%), Vitamin B5: 0.69mg (6.92%), Vitamin C: 4.97mg (6.02%), Folate: 21.98µg (5.5%), Vitamin B3: 0.97mg (4.84%), Vitamin B1: 0.07mg (4.5%), Vitamin D: 0.32µg (2.12%)