



Spicy Southern Shrimp and Pasta Bake

READY IN



45 min.

SERVINGS



4

CALORIES



641 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.7 cup unseasoned bread crumbs plain
- ☐ 0.5 teaspoon cajun spice
- ☐ 1 pound rotini pasta cooked drained
- ☐ 1 cup corn kernels frozen thawed
- ☐ 4 ounces cream cheese
- ☐ 1 cup okra frozen thawed sliced
- ☐ 1 cup onions finely chopped
- ☐ 0.5 teaspoon salt
- ☐ 0.8 pound shrimp deveined peeled cut into thirds

- ☐ 24 ounce tomato sauce
- ☐ 5 tablespoons butter unsalted

Equipment

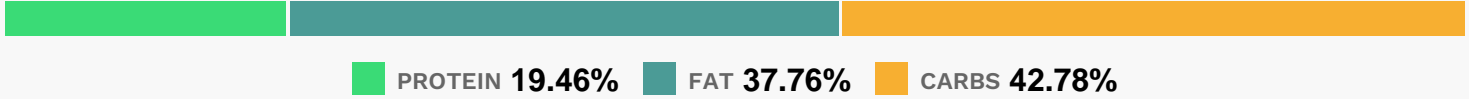
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat the oven to 400°F.
- ☐ Melt 2 tablespoons of the butter in a very large skillet over medium-high heat.
- ☐ Add the onions and cook for 5 minutes, or until translucent.
- ☐ Add the shrimp, corn, okra, salt, and Cajun seasoning. Cook, stirring, for 2 to 3 minutes, or until the shrimp are almost opaque.
- ☐ Add the tomato sauce and cream cheese and cook, stirring, for 3 to 4 minutes, or until the sauce is smooth.
- ☐ Place the pasta in a 9 x 13-inch baking dish.
- ☐ Pour the shrimp mixture over the pasta and stir well.
- ☐ Return the skillet to the heat and melt the remaining 3 tablespoons butter.
- ☐ Add the bread crumbs and stir until well coated.
- ☐ Top the casserole with the bread crumbs and bake for 15 to 20 minutes, or until golden brown.
- ☐ Serve immediately.
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database
- ☐ From The Deen Bros. Take It Easy by Jamie Deen, Bobby Deen and Melissa Clark Copyright (c) 2009 by Jamie Deen, Bobby Deen and Melissa Clark Published by Ballantine Books. Jamie and Bobby Deen grew up in Georgia—first in Albany and then in Savannah—and, like many Southerners, they have always considered cooking and food a big part of their lives. When their mother, Paula Deen, started a sandwich delivery business in 1989, the boys took charge of deliveries. As the business grew into The Lady restaurant, they continued to help. Then, in

1996, the trio opened The Lady & Sons Restaurant to resounding success. They haven't looked back since. They regularly appear on ABC's Good Morning America and had their own Food Network show, Road Tasted.Melissa Clark has written for The New York Times, Food & Wine, Travel & Leisure, and Real Simple and has collaborated on twenty-one books.

Nutrition Facts



Properties

Glycemic Index:48.63, Glycemic Load:20.49, Inflammation Score:-9, Nutrition Score:24.28391289711%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 13.36mg, Quercetin: 13.36mg, Quercetin: 13.36mg, Quercetin: 13.36mg

Nutrients (% of daily need)

Calories: 640.51kcal (32.03%), Fat: 27.52g (42.34%), Saturated Fat: 15.42g (96.36%), Carbohydrates: 70.16g (23.39%), Net Carbohydrates: 62.37g (22.68%), Sugar: 12.8g (14.22%), Cholesterol: 203.19mg (67.73%), Sodium: 1509.56mg (65.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.91g (63.81%), Selenium: 38.74µg (55.35%), Manganese: 1.04mg (52.23%), Phosphorus: 404.43mg (40.44%), Copper: 0.75mg (37.69%), Vitamin A: 1875.96IU (37.52%), Fiber: 7.79g (31.16%), Potassium: 1049.54mg (29.99%), Magnesium: 110.37mg (27.59%), Iron: 4.84mg (26.87%), Vitamin C: 21.27mg (25.79%), Vitamin E: 3.37mg (22.45%), Vitamin B1: 0.33mg (21.96%), Folate: 83.48µg (20.87%), Vitamin B3: 4.1mg (20.49%), Vitamin B2: 0.34mg (20.14%), Vitamin B6: 0.38mg (19.14%), Zinc: 2.87mg (19.11%), Calcium: 182.5mg (18.25%), Vitamin K: 15.96µg (15.2%), Vitamin B5: 1.2mg (11.95%), Vitamin B12: 0.16µg (2.59%), Vitamin D: 0.26µg (1.75%)