



# SHRIMP PASTA ALFREDO

*Creamy shrimp pasta with big flavors and health benefits in little time!*

**Yield:** 50 Recipe compliments of **Chef Johnnie Gale**, Corporate Chef of Ocean Select Seafood and Guidry's Catfish. Nutrition Analysis & Healthy Swaps provided by **Laurel Blackerby MSN, RDN, CHC**



## INGREDIENTS

- 6 lbs whole grain Fettuccine or Rotini pasta
- 10-15oz cans (150 fl oz) Condensed cream of mushroom or cream of shrimp soup, low-fat, reduced sodium

- 4 qt fat-free Half and half
- 16 oz Parmesan cheese, grated (4 cups)
- 10 lbs Peeled Gulf Shrimp, medium 41/50 count
- 1 gal frozen broccoli florets
- 16oz Cajun Trinity, (2:1:1 cups each on-

- ions, bell peppers, and celery), diced fine
- 1 Tbsp Granulated garlic
- 1 Tbsp salt
- 1 Tbsp black pepper
- 1 tsp hot pepper sauce
- 2 Tbsp Italian Seasoning

*Note from the dietician: If fat-free half and half is unavailable, add 1 tsp xanthan gum or 3 Tbsp corn starch to 2 beaten egg yolks. Add to 1 gallon of skim milk, and then over medium-high heat, stirring well. Bring to boil, Then remove immediately from heat. Allow to rest for 5 minutes.*

## DIRECTIONS

1. Cook pasta approximately 8 minutes until al dente, or according to package directions.
2. Drain pasta and pour into 2 full size steam table pans (12" x 20" x 4"). For 50 servings, use 2 pans. (Critical Control Point: Hold pasta at 135 °F or higher.)
3. In large kettle, combine condensed soup, fat-free half and half, Parmesan cheese, and shrimp, broccoli, and seasonings. Bring to a boil. Reduce and cook over medium heat for 5-10 minutes, stirring often. (Critical Control Point: Heat to 165 °F or higher for at least 3 minutes. )
4. Combine noodles and shrimp broccoli sauce immediately before serving. (Critical Control Point: Hold for hot service at 135 °F or higher.)
5. Serve 2 ½ cups shrimp broccoli mixture.

## Nutrition Facts

50 servings per container	
<b>Serving size</b>	<b>2.5 Cup (335g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>370</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 7g	<b>9%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol</b> 135mg	<b>45%</b>
<b>Sodium</b> 540mg	<b>23%</b>
<b>Total Carbohydrate</b> 47g	<b>17%</b>
Dietary Fiber 7g	<b>25%</b>
Total Sugars 6g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 33g	<b>66%</b>
Vitamin D 0mcg	0%
Calcium 290mg	20%
Iron 4mg	20%
Potassium 460mg	10%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## NUTRITION

Serving Size: 2 ½ cups (335g). Servings: 50  
Calories: 370  
7g Fat (2.5g Saturated Fat, 0g Trans Fats, 135mg Cholesterol). 540mg Sodium. 47g Carbohydrates (7g Fiber, 6g Total Sugar, 0g Added Sugars). 33g Protein. 0µg Vitamin D, 290mg Calcium, 4mg Iron, 460mg Potassium.

## ALLERGENS

Contains: SHELLFISH (SHRIMP), MILK, & WHEAT & EGGS.

## EXCHANGES

1 servings of Fat, 1 serving Vegetables, 33-1oz servings of Protein, 1 serving of Dairy, 3 servings of Grains

## DIETARY SWAPS

- **Dairy-free:** Use dairy-free cheese alternative.
- **Gluten-free:** Use gluten-free pasta.

## HEALTH POINTS

Excellent source of protein. Contains 33g per serving. Good source of fiber. Contains 7g per serving. Contains 3900mg of monounsaturated fatty acids to support brain and heart health.