



Blackened Shrimp on Kale and Mashed Sweet Potatoes with Andouille Cream



Gluten Free



Popular

READY IN



70 min.

SERVINGS



4

CALORIES



539 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 andouille sausage diced
- ☐ 2 tablespoons bell pepper diced
- ☐ 1 tablespoon butter
- ☐ 2 tablespoons celery diced
- ☐ 0.3 teaspoon cinnamon
- ☐ 2 teaspoons creole seasoning
- ☐ 1 clove garlic chopped

- ☐ 1 cup heavy cream
- ☐ 1 bunch kale coarsely chopped
- ☐ 1 tablespoon oil
- ☐ 2 tablespoons onion diced
- ☐ 2 tablespoons parsley
- ☐ 1 pound shrimp shelled
- ☐ 1 pound sweet potatoes
- ☐ 1 teaspoon thyme leaves chopped
- ☐ 0.3 cup white wine

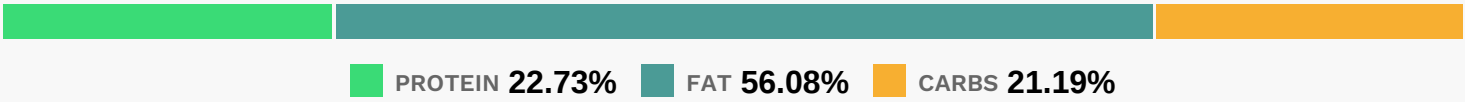
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Bake the sweet potatoes in a preheated 400F oven until tender, about an hour. Scoop out the inside and mash in the butter and cinnamon and set aside. About a half an hour in, heat the oil in a pan over medium-high heat.
- ☐ Add the sausage and saute for 3 minutes.
- ☐ Add the onion, celery and bell pepper and saute for 2 minutes.
- ☐ Add the garlic and thyme and saute until fragrant, about half a minute.
- ☐ Add the wine and deglaze the pan.
- ☐ Add the cream and creole seasoning and simmer to reduce by half, about 5 minutes.
- ☐ Mix in the butter, remove from heat and set aside. Toss the shrimp in the oil and the creole seasoning to coat. Melt the butter in another pan over medium heat-high heat.
- ☐ Add the shrimp and saute until cooked, about 1-3 minutes per side and set aside. Blanch the kale in boiling water until tender, about 2-3 minutes and drain. Divide the sweet mashed potatoes across four plates and top with the kale, shrimp and andouille cream and garnish with parsley.

Nutrition Facts



Properties

Glycemic Index:97.5, Glycemic Load:11.74, Inflammation Score:-10, Nutrition Score:26.617391109467%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 4.45mg, Apigenin: 4.45mg, Apigenin: 4.45mg, Apigenin: 4.45mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 7.92mg, Isorhamnetin: 7.92mg, Isorhamnetin: 7.92mg, Isorhamnetin: 7.92mg Kaempferol: 15.3mg, Kaempferol: 15.3mg, Kaempferol: 15.3mg, Kaempferol: 15.3mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 8.42mg, Quercetin: 8.42mg, Quercetin: 8.42mg, Quercetin: 8.42mg

Nutrients (% of daily need)

Calories: 539.15kcal (26.96%), Fat: 33.65g (51.77%), Saturated Fat: 17.44g (108.98%), Carbohydrates: 28.6g (9.53%), Net Carbohydrates: 23.13g (8.41%), Sugar: 7.65g (8.51%), Cholesterol: 271.52mg (90.51%), Sodium: 393.36mg (17.1%), Alcohol: 1.54g (100%), Alcohol %: 0.52% (100%), Protein: 30.69g (61.39%), Vitamin A: 21075.84IU (421.52%), Vitamin K: 168.57µg (160.54%), Vitamin C: 44.34mg (53.75%), Phosphorus: 385.95mg (38.59%), Copper: 0.67mg (33.35%), Manganese: 0.65mg (32.25%), Potassium: 984.39mg (28.13%), Calcium: 244.04mg (24.4%), Magnesium: 92.22mg (23.05%), Fiber: 5.47g (21.88%), Vitamin B2: 0.35mg (20.49%), Vitamin B6: 0.41mg (20.27%), Zinc: 2.65mg (17.64%), Vitamin E: 2.3mg (15.34%), Iron: 2.45mg (13.62%), Vitamin B1: 0.19mg (12.84%), Vitamin B5: 1.26mg (12.64%), Vitamin B3: 2.27mg (11.37%), Folate: 44.31µg (11.08%), Selenium: 6.47µg (9.24%), Vitamin D: 1.18µg (7.89%), Vitamin B12: 0.26µg (4.38%)