



## Cajun Shrimp and Rice

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



360 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 teaspoons cajun spice
- 3 cups rice white cooked
- 3 tablespoons parsley fresh chopped
- 3 cloves garlic minced
- 4 servings kosher salt and pepper freshly ground
- 2 tablespoons olive oil extra-virgin
- 4 plum tomatoes chopped
- 2 bunches scallions chopped

- 1 pound shrimp deveined peeled
- 1 tablespoon butter unsalted

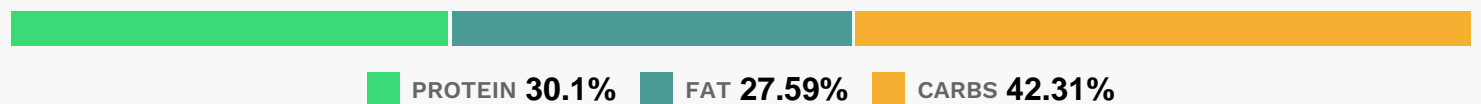
## Equipment

- frying pan

## Directions

- Heat the butter, olive oil and garlic in a large skillet over medium-high heat until fragrant, about 1 minute.
- Add the Cajun seasoning and shrimp and cook, stirring, until the shrimp begin to curl, about 1 minute. Season with salt and pepper.
- Add the tomatoes and scallions to the skillet and cook, stirring, about 1 minute.
- Add the rice and 1/4 cup water and continue to cook until the rice is warmed through and the shrimp are opaque, about 3 more minutes. Stir in the parsley and serve with lemon, if desired.
- Per serving: Calories 357; Fat 11 g (Saturated 3 g); Cholesterol 176 mg; Sodium 537 mg; Carbohydrate 40 g; Fiber 3 g; Protein 23 g
- Photograph by Antonis Achilleos

## Nutrition Facts



## Properties

Glycemic Index:64, Glycemic Load:36.95, Inflammation Score:-8, Nutrition Score:15.944782710918%

## Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg

## Nutrients (% of daily need)

Calories: 359.67kcal (17.98%), Fat: 11.06g (17.01%), Saturated Fat: 3.02g (18.86%), Carbohydrates: 38.15g (12.72%), Net Carbohydrates: 36.13g (13.14%), Sugar: 2.12g (2.36%), Cholesterol: 190.1mg (63.37%), Sodium: 338.21mg (14.7%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.15g (54.3%), Vitamin K: 84.24µg (80.23%), Manganese: 0.75mg (37.28%), Phosphorus: 322.11mg (32.21%), Copper: 0.59mg (29.54%), Vitamin A: 1469.03IU (29.38%), Vitamin C: 15.45mg (18.73%), Magnesium: 67.05mg (16.76%), Potassium: 570.3mg (16.29%), Zinc: 2.36mg (15.72%), Selenium: 9.38µg (13.4%), Vitamin E: 1.85mg (12.35%), Calcium: 110.8mg (11.08%), Vitamin B6: 0.22mg (10.96%), Iron: 1.65mg (9.16%), Fiber: 2.03g (8.1%), Folate: 25.76µg (6.44%), Vitamin B5: 0.58mg (5.81%), Vitamin B3: 1.06mg (5.31%), Vitamin B1: 0.06mg (4.25%), Vitamin B2: 0.06mg (3.28%)