



Cajun Shrimp and Tomatoes

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



500 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 5 plum tomatoes cut into 1/4-inch slices (Roma)
- 12 oz roasted peppers red drained chopped
- 0.5 cup salad dressing italian
- 1 tablespoon cajun spice salt-free
- 1.3 lb shrimp deveined uncooked peeled
- 3 tablespoons butter
- 8 oz provolone cheese shredded
- 1 serving parsley fresh chopped

0.5 cup frangelico

Equipment

- bowl
- frying pan
- oven
- ramekin
- baking pan

Directions

- Lightly spray 4 (12-oz) individual baking dishes (ramekins) with cooking spray. In medium bowl, mix tomatoes, roasted peppers and dressing. Divide evenly among baking dishes.
- In shallow bowl, stir together Bisquick mix and Cajun seasoning. Coat shrimp with mixture. In 10-inch nonstick skillet, melt half of the butter over medium heat.
- Add half of the shrimp; cook 3 to 5 minutes, stirring constantly, until shrimp are pink. Repeat with remaining butter and shrimp. Spoon shrimp over tomato mixture in each baking dish.
- Set oven control to broil.
- Sprinkle 1/2 cup of the cheese over shrimp in each baking dish. Broil with tops 5 inches from heat 3 minutes or until cheese is melted and light golden brown.
- Garnish with parsley.

Nutrition Facts



Properties

Glycemic Index:40.5, Glycemic Load:1.18, Inflammation Score:-9, Nutrition Score:22.891304353009%

Flavonoids

Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 499.84kcal (24.99%), Fat: 31.16g (47.94%), Saturated Fat: 16.2g (101.26%), Carbohydrates: 12.11g (4.04%), Net Carbohydrates: 9.52g (3.46%), Sugar: 5.72g (6.36%), Cholesterol: 289.91mg (96.64%), Sodium: 2110.03mg (91.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.86g (89.71%), Phosphorus: 633.18mg (63.32%), Vitamin C: 51.63mg (62.58%), Calcium: 573.71mg (57.37%), Vitamin A: 2805.93IU (56.12%), Vitamin K: 42.36µg (40.34%), Copper: 0.74mg (37.24%), Zinc: 4.13mg (27.55%), Potassium: 832.94mg (23.8%), Magnesium: 88.66mg (22.17%), Manganese: 0.32mg (15.77%), Vitamin B6: 0.31mg (15.61%), Vitamin B2: 0.25mg (14.61%), Vitamin B12: 0.85µg (14.09%), Iron: 2.43mg (13.51%), Selenium: 9.28µg (13.26%), Vitamin E: 1.95mg (13.02%), Fiber: 2.59g (10.38%), Folate: 33.6µg (8.4%), Vitamin B3: 1.25mg (6.24%), Vitamin B1: 0.07mg (4.92%), Vitamin B5: 0.43mg (4.31%), Vitamin D: 0.28µg (1.89%)