



## Cajun Shrimp Casserole

 Gluten Free

READY IN



46 min.

SERVINGS



6

CALORIES



396 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.3 cup butter
- 0.5 teaspoon ground pepper
- 3 cups rice long-grain cooked
- 10.8 ounce condensed cream of potato soup canned
- 0.5 cup wine dry white
- 4 garlic clove minced
- 0.5 cup bell pepper green chopped
- 1 slices flat parsley fresh quartered

- 1 tablespoon juice of lemon
- 2 cups okra fresh sliced
- 0.3 cup parmesan cheese grated
- 0.5 cup bell pepper red chopped
- 1 small onion red chopped
- 1.5 teaspoons salt
- 2 pounds shrimp fresh unpeeled
- 1 tablespoon soya sauce
- 0.5 cup bell pepper yellow chopped

## Equipment

- frying pan
- oven
- baking pan

## Directions

- Peel shrimp; devein, if desired.
- Melt 1/4 cup butter in large skillet over medium-high heat.
- Add onion and next 3 ingredients; saut 7 minutes or until tender.
- Add garlic, and saut 1 minute. Stir in okra, lemon juice, and salt; saut 5 minutes.
- Add shrimp, and cook 3 minutes or until shrimp turn pink. Stir in soup and next 4 ingredients until blended.
- Pour into a lightly greased 11- x 7-inch baking dish.
- Sprinkle evenly with Parmesan cheese.
- Bake at 350 for 15 to 20 minutes or until casserole is bubbly and cheese is lightly browned.
- Garnish, if desired.
- \*1 (10-ounce) package frozen onions and peppers may be substituted for fresh onion and bell peppers.

- \*\*1 (10 3/4-ounce) can cream of mushroom soup may be substituted for cream of shrimp soup.
- Note: Unbaked casserole may be made one day in advance. Cover and refrigerate.
- Let stand at room temperature 30 minutes before baking as directed. To freeze unbaked casserole, prepare as directed, omitting Parmesan cheese. Cover tightly, and freeze.
- Let stand at room temperature 30 minutes before baking.
- Bake, covered, at 350 for 50 minutes. Uncover; sprinkle evenly with Parmesan cheese, and bake 10 more minutes or until cheese is lightly browned.

## Nutrition Facts

**PROTEIN 37.61%**

**FAT 25.69%**

**CARBS 36.7%**

### Properties

Glycemic Index:64, Glycemic Load:25.24, Inflammation Score:-8, Nutrition Score:18.521304302241%

### Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.44mg, Hesperetin: 0.44mg, Hesperetin: 0.44mg, Hesperetin: 0.44mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 11.2mg, Quercetin: 11.2mg, Quercetin: 11.2mg, Quercetin: 11.2mg

### Nutrients (% of daily need)

Calories: 396.26kcal (19.81%), Fat: 11g (16.92%), Saturated Fat: 6.26g (39.11%), Carbohydrates: 35.35g (11.78%), Net Carbohydrates: 32.75g (11.91%), Sugar: 3.34g (3.71%), Cholesterol: 269.93mg (89.98%), Sodium: 1376.39mg (59.84%), Alcohol: 2.06g (100%), Alcohol %: 0.63% (100%), Protein: 36.22g (72.45%), Vitamin C: 59.62mg (72.27%), Manganese: 0.99mg (49.29%), Phosphorus: 450.7mg (45.07%), Copper: 0.83mg (41.43%), Magnesium: 93.81mg (23.45%), Vitamin A: 1089.24IU (21.78%), Zinc: 3.22mg (21.45%), Potassium: 728.35mg (20.81%), Calcium: 193.93mg (19.39%), Vitamin B6: 0.32mg (15.85%), Vitamin K: 16.31µg (15.53%), Selenium: 9.16µg (13.09%), Fiber: 2.61g (10.42%), Folate: 39.31µg (9.83%), Iron: 1.75mg (9.7%), Vitamin B5: 0.9mg (9%), Vitamin B1: 0.13mg (8.8%), Vitamin B3: 1.36mg (6.8%), Vitamin B2: 0.1mg (5.68%), Vitamin E: 0.7mg (4.67%), Vitamin B12: 0.09µg (1.54%)