



Cajun Shrimp Stew

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



259 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon ground pepper
- 1 small rib celery stalks finely chopped
- 8 fluid ounces bottled clam juice
- 0.3 cup flour all-purpose
- 0.5 cup bell pepper green finely chopped
- 1 medium onion chopped
- 4 servings rice white
- 0.3 teaspoon salt

- 0.3 cup spring onion thinly sliced
- 1.3 pound shrimp deveined peeled per pound)
- 2 tablespoons vegetable oil
- 0.8 cup water

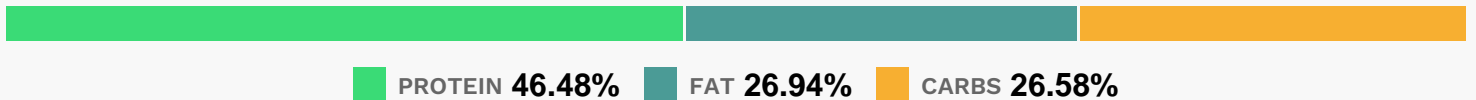
Equipment

- frying pan
- spatula

Directions

- Stir together oil and flour in a 10-inch heavy skillet (preferably cast-iron) with a metal or wooden spatula, then cook over moderate heat, scraping back and forth constantly, until roux is the color of light milk chocolate, 10 to 12 minutes.
- Add onion, celery, and bell pepper and cook, scraping back and forth occasionally, until bell pepper is softened, about 8 minutes. Stir in clam juice, water, salt, and cayenne and simmer, stirring occasionally, until liquid is thickened, 8 to 10 minutes. Stir in shrimp and simmer, stirring occasionally, until shrimp is just cooked through, 3 to 4 minutes. Stir in scallion greens and salt to taste.

Nutrition Facts



Properties

Glycemic Index:67.3, Glycemic Load:5.56, Inflammation Score:-5, Nutrition Score:10.766086829745%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.89mg, Quercetin: 6.89mg, Quercetin: 6.89mg, Quercetin: 6.89mg

Nutrients (% of daily need)

Calories: 258.9kcal (12.94%), Fat: 7.82g (12.03%), Saturated Fat: 1.22g (7.65%), Carbohydrates: 17.36g (5.79%), Net Carbohydrates: 15.86g (5.77%), Sugar: 3.8g (4.23%), Cholesterol: 228.21mg (76.07%), Sodium: 533.76mg (23.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.36g (60.71%), Phosphorus: 334.64mg (33.46%), Copper: 0.62mg (31.13%), Vitamin K: 31.44µg (29.94%), Vitamin C: 21.64mg (26.23%), Magnesium: 61.48mg (15.37%), Potassium: 535.3mg (15.29%), Zinc: 2.12mg (14.16%), Calcium: 112.79mg (11.28%), Manganese: 0.2mg (10.23%), Iron: 1.45mg (8.08%), Folate: 31.75µg (7.94%), Vitamin B1: 0.1mg (6.85%), Vitamin B6: 0.12mg (6.21%), Fiber: 1.5g (6%), Vitamin A: 293.8IU (5.88%), Vitamin E: 0.79mg (5.24%), Selenium: 3.24µg (4.62%), Vitamin B3: 0.79mg (3.95%), Vitamin B2: 0.07mg (3.93%), Vitamin B5: 0.15mg (1.53%)