



## Cajun Vegetables and Shrimp

 Gluten Free

READY IN



40 min.

SERVINGS



15

CALORIES



106 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 tablespoon butter
- 1 cup canadian bacon diced
- 14.5 oz canned tomatoes diced canned
- 2 rib celery sliced
- 1 teaspoon creole seasoning
- 1 bell pepper green chopped
- 1 bell pepper red chopped
- 1 cup cajun sausage diced

1 cup shrimp raw frozen thawed peeled

## Equipment

frying pan

## Directions

- Melt butter in a large nonstick skillet over medium-high heat; cook Canadian bacon and sausage in skillet 6 to 7 minutes or until lightly browned.
- Remove bacon and sausage from skillet, reserving drippings in skillet.
- Saut bell peppers and celery in pan drippings over medium-high heat 8 to 10 minutes or until tender. Stir in diced tomatoes, and cook, stirring occasionally, 2 to 3 minutes or until thoroughly heated.
- Add bacon, sausage, shrimp, and Creole seasoning to skillet, and cook, stirring occasionally, 5 minutes or just until shrimp turn pink.
- Serve warm over waffles.
- Note: For testing purposes only, we used Jiffy Corn Muffin
- Mix.

## Nutrition Facts



## Properties

Glycemic Index:14.8, Glycemic Load:0.7, Inflammation Score:-4, Nutrition Score:6.3043478675511%

## Flavonoids

Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

## Nutrients (% of daily need)

Calories: 105.67kcal (5.28%), Fat: 6.26g (9.63%), Saturated Fat: 2.26g (14.11%), Carbohydrates: 3.19g (1.06%), Net Carbohydrates: 2.33g (0.85%), Sugar: 1.75g (1.94%), Cholesterol: 46.64mg (15.55%), Sodium: 304.54mg (13.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.43g (18.85%), Vitamin C: 19.27mg (23.36%), Vitamin B1: 0.19mg (12.78%), Vitamin B3: 2.19mg (10.94%), Phosphorus: 106.44mg (10.64%), Vitamin B6: 0.2mg (9.76%), Vitamin A:

427.9IU (8.56%), Potassium: 249.19mg (7.12%), Copper: 0.14mg (6.82%), Selenium: 4.14µg (5.91%), Zinc: 0.88mg (5.88%), Magnesium: 17.87mg (4.47%), Iron: 0.79mg (4.4%), Vitamin D: 0.65µg (4.31%), Vitamin B2: 0.07mg (4.19%), Vitamin E: 0.62mg (4.15%), Manganese: 0.08mg (4.06%), Vitamin B12: 0.24µg (4.02%), Fiber: 0.86g (3.44%), Vitamin B5: 0.3mg (2.98%), Vitamin K: 2.7µg (2.57%), Calcium: 23.92mg (2.39%), Folate: 9.01µg (2.25%)