



Caribbean Confetti Shrimp

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



311 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 0.5 cup bell pepper strips green
- 0.5 cup bell pepper strips red
- 0.3 teaspoon pepper black
- 14.5 ounce canned tomatoes undrained canned
- 1 tablespoon cider vinegar
- 2 cups rice long-grain hot cooked
- 2 garlic cloves minced

- 2 teaspoons olive oil
- 0.5 cup onion diced
- 1 cup peas green frozen thawed
- 8 pimento-stuffed olives halved
- 1 pound shrimp deveined peeled

Equipment

- frying pan

Directions

- Heat oil in a large nonstick skillet over medium-high heat until hot.
- Add onion, bell peppers, and garlic; saut 3 minutes.
- Add vinegar and next 4 ingredients (vinegar through bay leaves); bring to a boil. Cover, reduce heat to medium, and cook 5 minutes.
- Add shrimp; cover and cook 4 minutes.
- Add peas; cover and cook 1 minute. Discard bay leaves.
- Serve with rice.

Nutrition Facts



PROTEIN 36.93% **FAT 12.98%** **CARBS 50.09%**

Properties

Glycemic Index:90.58, Glycemic Load:28.29, Inflammation Score:-8, Nutrition Score:20.102608639261%

Flavonoids

Luteolin: 1.04mg, Luteolin: 1.04mg, Luteolin: 1.04mg, Luteolin: 1.04mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.54mg, Quercetin: 4.54mg, Quercetin: 4.54mg

Nutrients (% of daily need)

Calories: 310.68kcal (15.53%), Fat: 4.58g (7.05%), Saturated Fat: 0.71g (4.47%), Carbohydrates: 39.78g (13.26%), Net Carbohydrates: 34.05g (12.38%), Sugar: 8.77g (9.74%), Cholesterol: 182.57mg (60.86%), Sodium: 400.62mg

(17.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.33g (58.65%), Vitamin C: 64.74mg (78.47%), Manganese: 0.87mg (43.54%), Copper: 0.79mg (39.46%), Phosphorus: 366.21mg (36.62%), Potassium: 831.73mg (23.76%), Vitamin A: 1186.07IU (23.72%), Fiber: 5.72g (22.89%), Magnesium: 89.5mg (22.37%), Vitamin B6: 0.43mg (21.56%), Zinc: 2.76mg (18.43%), Vitamin K: 18.35µg (17.48%), Iron: 2.92mg (16.22%), Vitamin E: 2.33mg (15.51%), Vitamin B1: 0.22mg (14.93%), Calcium: 140.37mg (14.04%), Folate: 53.92µg (13.48%), Vitamin B3: 2.66mg (13.28%), Selenium: 7.61µg (10.87%), Vitamin B2: 0.14mg (8.27%), Vitamin B5: 0.75mg (7.46%)