



Cheesy Shrimp and Rice

 **Gluten Free**

READY IN



32 min.

SERVINGS



4

CALORIES



340 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups broccoli florets frozen thawed
- 0.5 cup philadelphia cream cheese spread ()
- 2 cups chicken broth fat-free reduced-sodium
- 1.5 cups rice white instant uncooked
- 1 Tbsp oil
- 1 lb shrimp frozen thawed deveined peeled

Equipment

- frying pan

Directions

- Heat oil in large skillet on medium-high heat.
- Add shrimp; cook 3 min. on each side or until shrimp turn pink.
- Remove shrimp from skillet; cover to keep warm.
- Add broth and cream cheese spread to skillet; stir until well blended.
- Add rice; mix well. Cover; cook on low heat 5 min.
- Stir in broccoli and shrimp; cook, covered, 5 min. or until liquid is absorbed and broccoli is heated through.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.59, Inflammation Score:-7, Nutrition Score:16.875652302866%

Flavonoids

Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg

Nutrients (% of daily need)

Calories: 340.26kcal (17.01%), Fat: 10.89g (16.76%), Saturated Fat: 4.43g (27.66%), Carbohydrates: 31.49g (10.5%), Net Carbohydrates: 29.69g (10.8%), Sugar: 1.84g (2.04%), Cholesterol: 200.16mg (66.72%), Sodium: 749.06mg (32.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.97g (57.94%), Vitamin C: 40.59mg (49.2%), Vitamin K: 48.94µg (46.61%), Phosphorus: 323.24mg (32.32%), Folate: 118.49µg (29.62%), Copper: 0.54mg (27.22%), Manganese: 0.46mg (23.16%), Vitamin B1: 0.34mg (22.59%), Selenium: 15.63µg (22.33%), Iron: 3.11mg (17.29%), Vitamin B3: 3.18mg (15.92%), Zinc: 2.19mg (14.6%), Calcium: 139.64mg (13.96%), Potassium: 485.91mg (13.88%), Magnesium: 54.89mg (13.72%), Vitamin A: 553.03IU (11.06%), Fiber: 1.8g (7.18%), Vitamin B6: 0.13mg (6.74%), Vitamin E: 0.98mg (6.54%), Vitamin B5: 0.54mg (5.36%), Vitamin B2: 0.09mg (5.06%), Vitamin B12: 0.23µg (3.78%)