



## Chef John's Shrimp Etouffee

 Gluten Free

READY IN



75 min.

SERVINGS



4

CALORIES



419 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 3 tablespoons butter
- 0.3 teaspoon cayenne pepper
- 0.3 cup celery thinly sliced
- 2 cups rice cooked to taste
- 0.3 teaspoon garlic powder
- 0.3 cup chile peppers diced green
- 0.3 cup green onions sliced
- 0.3 teaspoon ground pepper black

- 0.3 teaspoon ground thyme
- 1 dash hot sauce to taste
- 0.3 cup onion diced
- 0.3 teaspoon onion powder
- 0.3 teaspoon oregano dried
- 0.8 teaspoon paprika
- 4 servings salt to taste
- 2 pounds shrimp deveined peeled
- 0.5 cup tomatoes diced
- 1 tablespoon vegetable oil
- 0.3 teaspoon pepper white
- 0.5 teaspoon worcestershire sauce

## Equipment

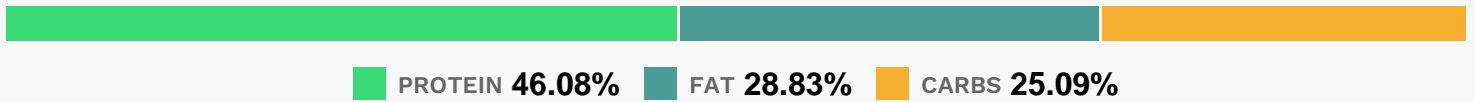
- bowl
- frying pan
- paper towels
- whisk
- colander

## Directions

- Whisk paprika, thyme, oregano, cayenne pepper, garlic powder, onion powder, white pepper, and black pepper together in a small bowl.
- Drain shrimp in a colander for at least 15 minutes.
- Transfer to a bowl lined with paper towels and dry shrimp for about 3 minutes.
- Remove paper towels from bowl and season shrimp with 1 teaspoon salt and 1 teaspoon spice blend. Toss to coat shrimp with spice blend.
- Heat vegetable oil a large heavy skillet over high heat until oil is smoking hot. Cook shrimp in the hot oil without stirring for 1 minute; stir, and cook 1 minute more.

- Transfer shrimp to a large bowl.
- Let stand until juice forms in bowl. Strain shrimp juices into chicken stock to total 2 cups, adding more chicken stock if necessary.
- Melt butter in large skillet over medium heat until butter begins to turn tan at the edges.
- Saute onion, celery, and green pepper in hot butter until softened, about 5 minutes.
- Pour in remaining spice blend.
- Sprinkle flour into vegetable mixture and saute until combined, 3 to 4 minutes. Stir in tomatoes; cook until tomato juices begin to brown on bottom of pan, about 3 minutes.
- Whisk stock into vegetable mixture, stirring until smooth. Bring to a simmer and cook until slightly thickened and reduced to a gravy consistency, 3 to 5 minutes. Stir in Worcestershire sauce and hot sauce. Season with salt to taste.
- Stir shrimp into etouffee sauce; let simmer until shrimp are cooked all the way through and no longer translucent, about 1 minute.
- Garnish with green onions and a dusting of cayenne pepper.
- Pour over rice in large, shallow bowls.

## Nutrition Facts



### Properties

Glycemic Index:94.25, Glycemic Load:24.56, Inflammation Score:-6, Nutrition Score:14.266521829626%

### Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.52mg, Quercetin: 3.52mg, Quercetin: 3.52mg, Quercetin: 3.52mg

### Nutrients (% of daily need)

Calories: 419.38kcal (20.97%), Fat: 13.49g (20.76%), Saturated Fat: 6.24g (39.03%), Carbohydrates: 26.42g (8.81%), Net Carbohydrates: 24.82g (9.02%), Sugar: 1.51g (1.67%), Cholesterol: 387.72mg (129.24%), Sodium: 598.17mg (26.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.52g (97.04%), Phosphorus: 539.68mg (53.97%), Copper: 0.98mg (48.81%), Manganese: 0.55mg (27.49%), Vitamin K: 26.38µg (25.13%), Magnesium: 97.14mg

(24.28%), Zinc: 3.58mg (23.85%), Potassium: 769.19mg (21.98%), Calcium: 179.19mg (17.92%), Vitamin A: 775.04IU (15.5%), Vitamin C: 9.24mg (11.2%), Iron: 1.98mg (11.01%), Selenium: 6.32µg (9.03%), Vitamin B6: 0.15mg (7.29%), Fiber: 1.6g (6.41%), Vitamin E: 0.89mg (5.94%), Folate: 22.34µg (5.59%), Vitamin B5: 0.4mg (4.02%), Vitamin B3: 0.65mg (3.23%), Vitamin B1: 0.04mg (2.67%), Vitamin B2: 0.04mg (2.51%)