



Chipotle-Orange Shrimp



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



6

CALORIES



267 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 Tbsp chipotle peppers in adobo sauce canned chopped
- 3 cups rice long-grain white hot cooked
- 0.3 cup cilantro leaves fresh
- 0.3 cup 1/3 cup kraft zesty italian dressing italian kraft
- 0.3 cup orange marmalade
- 1.5 lb shrimp deveined uncooked peeled

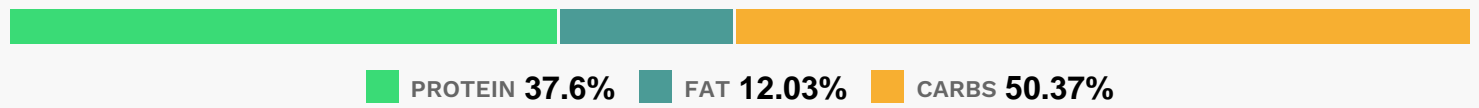
Equipment

- frying pan

Directions

- Heat dressing in large skillet on medium-high heat.
- Add shrimp; cook 4 min., stirring frequently.
- Add marmalade and peppers; cook and stir 3 min. or until shrimp are tender.
- Remove from heat.
- Stir in cilantro.
- Serve over rice.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:23.91, Inflammation Score:-1, Nutrition Score:7.0565217888874%

Flavonoids

Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 266.71kcal (13.34%), Fat: 3.56g (5.47%), Saturated Fat: 0.56g (3.5%), Carbohydrates: 33.53g (11.18%), Net Carbohydrates: 32.6g (11.86%), Sugar: 9.79g (10.88%), Cholesterol: 182.57mg (60.86%), Sodium: 273.2mg (11.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.03g (50.05%), Phosphorus: 279.45mg (27.95%), Copper: 0.51mg (25.69%), Manganese: 0.42mg (20.99%), Zinc: 1.92mg (12.83%), Magnesium: 50.26mg (12.57%), Potassium: 346.39mg (9.9%), Selenium: 6.27µg (8.96%), Vitamin K: 9.38µg (8.93%), Calcium: 87.69mg (8.77%), Iron: 0.93mg (5.19%), Vitamin B6: 0.09mg (4.27%), Fiber: 0.93g (3.71%), Vitamin B5: 0.31mg (3.14%), Vitamin E: 0.34mg (2.28%), Vitamin B3: 0.35mg (1.74%), Vitamin B1: 0.02mg (1.3%), Vitamin A: 58.2IU (1.16%), Vitamin C: 0.87mg (1.06%)