



WHATSheATE



## Chipotle-Orange Shrimp



Gluten Free



Dairy Free



Low Fod Map

READY IN



40 min.

SERVINGS



6

CALORIES



333 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 2 tablespoons chipotle peppers in adobo sauce chopped
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.3 cup 1/3 cup zesty italian-style salad dressing italian-style
- ☐ 1.5 cups rice long grain
- ☐ 0.3 cup orange marmalade
- ☐ 1.5 pounds shrimp deveined peeled
- ☐ 3 cups water

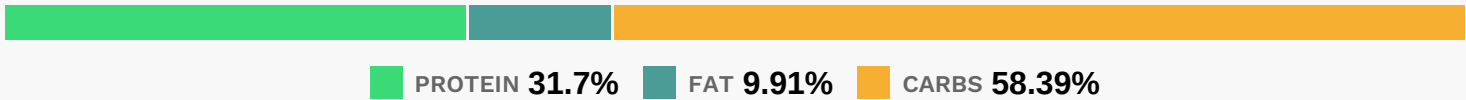
### Equipment

- ☐ frying pan
- ☐ sauce pan

## Directions

- ☐ Bring the rice and water to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until the rice is tender and the liquid has been absorbed, 20 to 25 minutes.
- ☐ Heat salad dressing in a large skillet over medium-high heat. Cook shrimp in dressing until beginning to firm, about 4 minutes. Stir marmalade and chipotle peppers into shrimp mixture and continue cooking until shrimp are completely pink, about 3 minutes more.
- ☐ Remove from heat and stir in cilantro.
- ☐ Serve over rice.

## Nutrition Facts



## Properties

Glycemic Index:15.53, Glycemic Load:22.26, Inflammation Score:-1, Nutrition Score:8.1447826416596%

## Flavonoids

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

## Nutrients (% of daily need)

Calories: 332.82kcal (16.64%), Fat: 3.64g (5.6%), Saturated Fat: 0.58g (3.64%), Carbohydrates: 48.25g (16.08%), Net Carbohydrates: 47.04g (17.11%), Sugar: 9.8g (10.89%), Cholesterol: 182.57mg (60.86%), Sodium: 280.64mg (12.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.2g (52.4%), Phosphorus: 298.67mg (29.87%), Copper: 0.58mg (29%), Manganese: 0.55mg (27.51%), Zinc: 2.05mg (13.69%), Magnesium: 53.53mg (13.38%), Potassium: 371.93mg (10.63%), Selenium: 7.33µg (10.47%), Calcium: 96.28mg (9.63%), Vitamin K: 9.42µg (8.98%), Iron: 1.15mg (6.36%), Fiber: 1.21g (4.85%), Vitamin B5: 0.47mg (4.75%), Vitamin B6: 0.09mg (4.39%), Vitamin B3: 0.77mg (3.86%), Vitamin E: 0.36mg (2.41%), Vitamin B1: 0.04mg (2.41%), Vitamin B2: 0.03mg (1.59%), Folate: 5.31µg (1.33%), Vitamin A: 58.2IU (1.16%), Vitamin C: 0.87mg (1.06%)