



Chipotle Shrimp

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



45

CALORIES



38 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 chipotle peppers in adobo sauce
- 4.5 cups rice hot cooked
- 0.5 cup dressing italian divided kraft
- 1 cup bell pepper red thin
- 1 lb shrimp deveined peeled (21 to 30 count)
- 0.5 tsp thyme leaves dried
- 1 cup tomato sauce

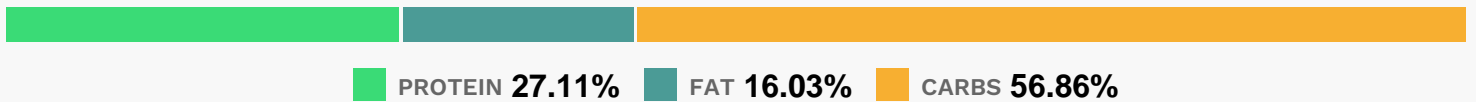
Equipment

- food processor
- frying pan
- blender
- ziploc bags

Directions

- Pour 1/4 cup of the dressing over combined shrimp and red peppers in shallow dish or resealable plastic bag; cover dish or seal bag. Refrigerate 15 minutes to marinate.
- Remove shrimp and red peppers from marinade; discard marinade.
- Place chipotle peppers, tomato sauce and thyme in blender or food processor container; cover. Blend well.
- Pour remaining 1/4 cup dressing into large skillet.
- Add shrimp mixture; cook on medium heat 3 minutes, stirring frequently.
- Remove shrimp mixture from skillet; set aside. Increase heat to medium-high.
- Add chipotle pepper mixture to skillet; cook 5 minutes, stirring frequently.
- Add shrimp mixture; cook and stir an additional 2 minutes or until shrimp are cooked through.
- Serve with rice.

Nutrition Facts



Properties

Glycemic Index:5.13, Glycemic Load:4.92, Inflammation Score:-1, Nutrition Score:1.5717391397642%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 38kcal (1.9%), Fat: 0.67g (1.04%), Saturated Fat: 0.1g (0.65%), Carbohydrates: 5.37g (1.79%), Net Carbohydrates: 5.09g (1.85%), Sugar: 0.67g (0.74%), Cholesterol: 16.23mg (5.41%), Sodium: 64.03mg (2.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.56g (5.12%), Vitamin C: 4.64mg (5.63%), Manganese: 0.09mg (4.42%), Phosphorus: 31.1mg (3.11%), Copper: 0.06mg (2.88%), Vitamin A: 128.64IU (2.57%), Selenium: 1.27µg (1.82%),

Magnesium: 6.78mg (1.7%), Vitamin K: 1.78µg (1.69%), Potassium: 57.54mg (1.64%), Vitamin B6: 0.03mg (1.57%),
Zinc: 0.23mg (1.56%), Vitamin E: 0.19mg (1.29%), Fiber: 0.28g (1.13%)