



Citrus Shrimp and Rice

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



347 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 teaspoon lemon zest grated
- ☐ 2 tablespoons orange marmalade
- ☐ 1.5 cups snow peas frozen
- ☐ 6.2 oz vermicelli with almonds and oriental seasonings
- ☐ 1 lb shrimp frozen thawed deveined uncooked peeled
- ☐ 2 cups water

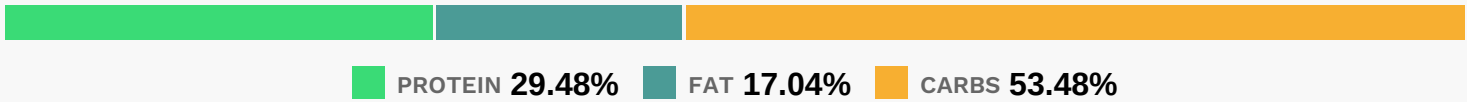
Equipment

☐ frying pan

Directions

- ☐ In 12-inch nonstick skillet, cook butter, rice and vermicelli mix and contents of seasoning packet over medium heat about 2 minutes, stirring frequently, until rice and vermicelli are light golden brown.
- ☐ Stir in water.
- ☐ Heat to boiling; reduce heat to low. Cover and cook about 15 minutes or until most of liquid is absorbed.
- ☐ Stir in marmalade, lemon peel and shrimp. Cover and cook 5 to 6 minutes, stirring occasionally, until shrimp are pink and firm. Stir in pea pods. Cover and cook 3 to 4 minutes or until pea pods are crisp-tender.

Nutrition Facts



Properties

Glycemic Index:14.5, Glycemic Load:20.81, Inflammation Score:-5, Nutrition Score:9.7756522113214%

Nutrients (% of daily need)

Calories: 346.94kcal (17.35%), Fat: 6.53g (10.05%), Saturated Fat: 1.37g (8.53%), Carbohydrates: 46.12g (15.37%), Net Carbohydrates: 44.34g (16.12%), Sugar: 7.49g (8.32%), Cholesterol: 182.57mg (60.86%), Sodium: 293.94mg (12.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.43g (50.87%), Phosphorus: 331.45mg (33.15%), Vitamin C: 23.19mg (28.11%), Copper: 0.54mg (26.75%), Manganese: 0.35mg (17.4%), Magnesium: 55.45mg (13.86%), Vitamin A: 656.31IU (13.13%), Zinc: 1.96mg (13.07%), Potassium: 393.49mg (11.24%), Calcium: 106.41mg (10.64%), Selenium: 6.96µg (9.94%), Iron: 1.68mg (9.34%), Vitamin K: 9.19µg (8.75%), Fiber: 1.78g (7.13%), Vitamin B1: 0.07mg (4.68%), Folate: 17.79µg (4.45%), Vitamin B6: 0.07mg (3.44%), Vitamin B5: 0.31mg (3.07%), Vitamin B2: 0.04mg (2.49%), Vitamin E: 0.37mg (2.45%), Vitamin B3: 0.33mg (1.63%)