



WHATSheATE



Creamy Shrimp and Corn Bowl

READY IN



45 min.

SERVINGS



4

CALORIES



263 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 11 ounce extrasweet whole-kernel corn drained canned
- ☐ 0.8 cup green onions divided chopped
- ☐ 0.8 cup half-and-half
- ☐ 0.8 teaspoon old bay seasoning
- ☐ 0.3 teaspoon salt
- ☐ 1.5 pounds shrimp deveined peeled
- ☐ 0.3 cup water

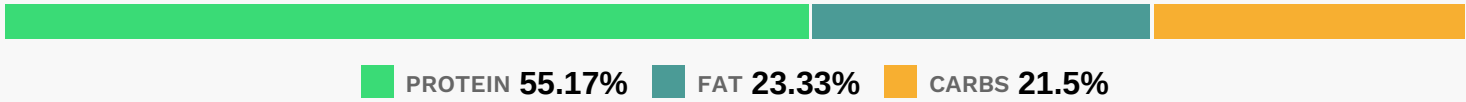
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Heat a large saucepan over medium-high heat. Coat pan with cooking spray.
- ☐ Add shrimp to pan; saut 3 minutes.
- ☐ Add 1/2 cup onions, water, seasoning, and corn; bring to a boil. Cover, reduce heat, and simmer 5 minutes.
- ☐ Remove from heat; stir in half-and-half and salt. Cover; let stand 3 minutes.
- ☐ Sprinkle with 1/4 cup onions.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.28, Inflammation Score:-4, Nutrition Score:12.19913057659%

Flavonoids

Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg

Nutrients (% of daily need)

Calories: 263.41kcal (13.17%), Fat: 7.1g (10.92%), Saturated Fat: 3.57g (22.32%), Carbohydrates: 14.72g (4.91%), Net Carbohydrates: 12.63g (4.59%), Sugar: 5.78g (6.43%), Cholesterol: 289.74mg (96.58%), Sodium: 539.1mg (23.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.77g (75.55%), Phosphorus: 450.55mg (45.06%), Vitamin K: 42.42µg (40.4%), Copper: 0.72mg (35.8%), Magnesium: 78.95mg (19.74%), Potassium: 666.21mg (19.03%), Zinc: 2.79mg (18.62%), Calcium: 177.52mg (17.75%), Folate: 42.72µg (10.68%), Vitamin B2: 0.17mg (10.18%), Manganese: 0.2mg (10.08%), Iron: 1.53mg (8.49%), Fiber: 2.09g (8.36%), Vitamin A: 392.52IU (7.85%), Vitamin C: 5.23mg (6.33%), Vitamin B3: 0.94mg (4.69%), Vitamin B5: 0.42mg (4.22%), Vitamin B1: 0.05mg (3.58%), Vitamin B6: 0.07mg (3.4%), Selenium: 2.06µg (2.94%), Vitamin E: 0.29mg (1.94%), Vitamin B12: 0.09µg (1.44%)