



Creole Shrimp and Sausage Stew

 **Gluten Free**  **Dairy Free**

READY IN



20 min.

SERVINGS



4

CALORIES



316 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon bottled garlic minced
- ☐ 15 ounce kidney beans organic rinsed drained canned
- ☐ 10 ounce canned tomatoes diced green undrained canned (such as Rotel)
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 cup bell pepper green chopped
- ☐ 0.8 cup lower-sodium chicken broth fat-free
- ☐ 2 teaspoons olive oil
- ☐ 8 ounces shrimp deveined peeled

☐ 6 ounces turkey sausage smoked thinly sliced

Equipment

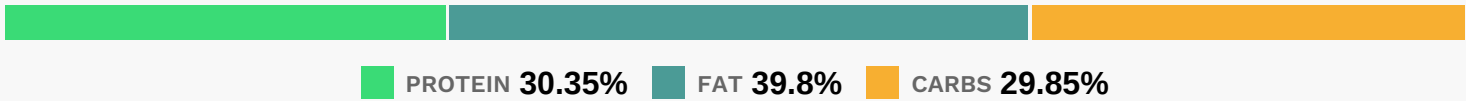
☐ frying pan

☐ sauce pan

Directions

- ☐ Heat a large saucepan over medium-high heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add bell pepper, sausage, and garlic to pan; saut 3 minutes or until bell pepper is tender, stirring occasionally.
- ☐ Add broth and tomatoes; bring to a boil. Stir in shrimp and beans; cover, reduce heat, and simmer 6 minutes or until shrimp are done.
- ☐ Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:40.5, Glycemic Load:6.97, Inflammation Score:-6, Nutrition Score:18.406086880228%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 1.78mg, Luteolin: 1.78mg, Luteolin: 1.78mg, Luteolin: 1.78mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

Nutrients (% of daily need)

Calories: 315.51kcal (15.78%), Fat: 14.25g (21.92%), Saturated Fat: 4.38g (27.37%), Carbohydrates: 24.04g (8.01%), Net Carbohydrates: 16.34g (5.94%), Sugar: 6.01g (6.68%), Cholesterol: 121.48mg (40.49%), Sodium: 878.78mg (38.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.45g (48.9%), Vitamin C: 40.37mg (48.93%), Vitamin K: 44.9µg (42.76%), Phosphorus: 312.73mg (31.27%), Fiber: 7.71g (30.83%), Copper: 0.56mg (28.22%), Manganese: 0.54mg (27.15%), Potassium: 885.42mg (25.3%), Vitamin B1: 0.3mg (20.12%), Magnesium: 76.05mg (19.01%), Vitamin B6: 0.36mg (18.22%), Iron: 3.25mg (18.07%), Zinc: 2.59mg (17.28%), Vitamin B3: 2.98mg (14.89%), Vitamin B2: 0.19mg (11.42%), Folate: 45.36µg (11.34%), Vitamin B12: 0.64µg (10.7%), Selenium: 7.34µg (10.49%),

Calcium: 102.96mg (10.3%), Vitamin A: 458.8IU (9.18%), Vitamin E: 1.35mg (8.99%), Vitamin B5: 0.57mg (5.75%),
Vitamin D: 0.47µg (3.12%)