



Criollo Shrimp

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

READY IN



25 min.

SERVINGS



4

CALORIES



293 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tsp ground annatto
- 2 cups rice white cooked
- 1 Tbsp grey poupon dijon mustard
- 1 Tbsp gingerroot fresh finely chopped
- 0.5 tsp ground cumin
- 0.5 cup 1/2 cup kraft zesty italian dressing italian kraft
- 1 onion sliced into thin rings
- 1 bell pepper red sliced

1 lb shrimp cleaned

Equipment

frying pan

Directions

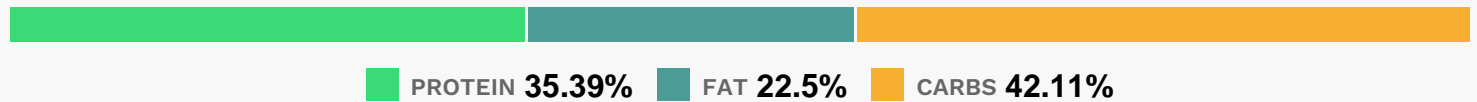
Cook onion, red pepper and gingerroot in dressing in large skillet on medium-high heat 5 min. or until onion is tender.

Stir in mustard, annatto and cumin until blended.

Add shrimp; cook 3 to 5 min. or until shrimp turn pink and are cooked through.

Serve over rice.

Nutrition Facts



Properties

Glycemic Index:55, Glycemic Load:24.91, Inflammation Score:-7, Nutrition Score:12.339565131975%

Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg

Nutrients (% of daily need)

Calories: 292.95kcal (14.65%), Fat: 7.31g (11.25%), Saturated Fat: 1.09g (6.8%), Carbohydrates: 30.79g (10.26%), Net Carbohydrates: 29.16g (10.6%), Sugar: 5.72g (6.35%), Cholesterol: 182.57mg (60.86%), Sodium: 471.61mg (20.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.87g (51.74%), Vitamin C: 40.35mg (48.91%), Phosphorus: 302.65mg (30.27%), Copper: 0.53mg (26.41%), Manganese: 0.52mg (25.81%), Vitamin A: 948.43IU (18.97%), Vitamin K: 18.09µg (17.23%), Magnesium: 60.43mg (15.11%), Zinc: 2.09mg (13.94%), Potassium: 471.98mg (13.49%), Selenium: 7.98µg (11.4%), Vitamin B6: 0.22mg (10.92%), Calcium: 97.67mg (9.77%), Vitamin E: 1.18mg (7.84%), Iron: 1.25mg (6.92%), Fiber: 1.63g (6.52%), Folate: 21.76µg (5.44%), Vitamin B5: 0.45mg (4.51%), Vitamin B1: 0.06mg (3.97%), Vitamin B3: 0.72mg (3.62%), Vitamin B2: 0.05mg (2.76%)