



Deep South Shrimp and Sausage



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



157 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup prechopped tricolor bell pepper refrigerated
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 garlic cloves minced
- ☐ 1 teaspoon old bay seasoning
- ☐ 0.8 pound shrimp deveined peeled
- ☐ 6.5 ounce turkey sausage smoked cut into 1/8-inch-thick slices
- ☐ 0.3 cup water

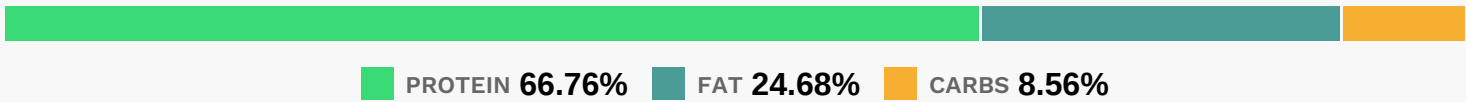
Equipment

☐ frying pan

Directions

- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add shrimp, seasoning, and black pepper, tossing to coat. Cook 3 minutes or until shrimp are done, stirring frequently.
- ☐ Remove from pan; keep warm.
- ☐ Return pan to medium-high heat. Coat pan with cooking spray.
- ☐ Add bell pepper; cook 2 minutes, stirring frequently.
- ☐ Add sausage; cook 2 minutes or until lightly browned, stirring frequently.
- ☐ Add reserved shrimp mixture and garlic. Cook 1 minute, stirring constantly.
- ☐ Add 1/4 cup water; cook 30 seconds, scraping pan to loosen browned bits.
- ☐ Remove from heat; let stand 2 minutes.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:0.62, Inflammation Score:-7, Nutrition Score:11.836086922366%

Flavonoids

Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 157.47kcal (7.87%), Fat: 4.32g (6.64%), Saturated Fat: 1.03g (6.45%), Carbohydrates: 3.37g (1.12%), Net Carbohydrates: 2.47g (0.9%), Sugar: 1.6g (1.77%), Cholesterol: 171.48mg (57.16%), Sodium: 377.04mg (16.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.28g (52.55%), Vitamin C: 49.27mg (59.72%), Phosphorus: 276.58mg (27.66%), Vitamin A: 1214.83IU (24.3%), Copper: 0.39mg (19.56%), Zinc: 2.68mg (17.86%), Vitamin B6: 0.33mg (16.63%), Vitamin B3: 2.51mg (12.55%), Potassium: 434.92mg (12.43%), Magnesium: 44.85mg (11.21%), Vitamin B12: 0.6µg (9.98%), Vitamin B2: 0.14mg (8.37%), Manganese: 0.15mg (7.74%), Iron: 1.36mg (7.53%), Calcium: 74.48mg (7.45%), Vitamin B5: 0.6mg (5.99%), Vitamin K: 6.08µg (5.79%), Folate: 20.19µg (5.05%), Vitamin E: 0.66mg (4.38%), Vitamin B1: 0.06mg (4%), Fiber: 0.9g (3.61%)