



## Dinner Tonight: Maque Choux with Shrimp

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



301 kcal

SIDE DISH

### Ingredients

- ☐ 2 slices bacon chopped
- ☐ 10 ounces corn frozen
- ☐ 3 garlic clove finely chopped
- ☐ 1 jalapeno stemmed seeded finely chopped
- ☐ 4 servings salt and pepper black
- ☐ 5 small okra stemmed thinly sliced
- ☐ 2 tablespoons olive oil
- ☐ 1 bell pepper red stemmed seeded finely chopped

- ☐ 4 spring onion white green thinly sliced
- ☐ 1 medium shallots finely chopped
- ☐ 8 ounces shrimp peeled
- ☐ 2 tablespoons butter unsalted divided

## Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ wooden spoon
- ☐ broiler
- ☐ slotted spoon
- ☐ tongs

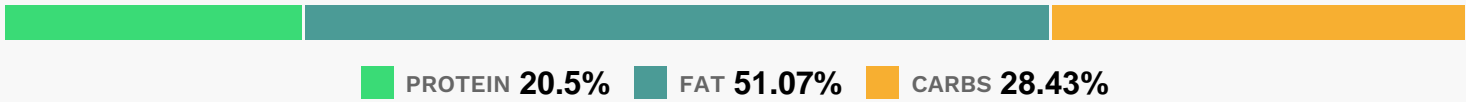
## Directions

- ☐ Add bacon to heavy-bottomed 12-inch stainless steel skillet set over medium-high. Cook until crisp, stirring often with a wooden spoon, about seven minutes. Turn off heat.
- ☐ Remove bacon with slotted spoon, leaving as much fat in the skillet as possible. Set bacon aside.
- ☐ Add one tablespoon butter to skillet. Return heat to medium-high and add garlic, shallots, peppers, and jalapenos. Cook until shallots are lightly browned, about five minutes. Turn heat to high and add okra and corn. Cook, stirring often, until corn is lightly browned, about six minutes.
- ☐ Turn off heat, add butter and scallions, and stir well. Season with salt and pepper to taste. Set aside.
- ☐ Meanwhile, place top oven rack about eight inches from boiler. Preheat broiler to high. Toss shrimp with oil and pinch of salt and pepper. Arrange in a single layer on an aluminum foiled-lined baking sheet.
- ☐ Place underneath broiler and cook for three to four minutes total. Flip halfway through with pair of tongs. Shrimp should be pink.
- ☐ Serve shrimp on top of maque choux.

☐

Garnish with bacon.

# Nutrition Facts



## Properties

Glycemic Index:47, Glycemic Load:1.27, Inflammation Score:-8, Nutrition Score:14.933043433272%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.71mg, Quercetin: 4.71mg, Quercetin: 4.71mg, Quercetin: 4.71mg

## Nutrients (% of daily need)

Calories: 300.98kcal (15.05%), Fat: 18.06g (27.78%), Saturated Fat: 6.2g (38.74%), Carbohydrates: 22.61g (7.54%), Net Carbohydrates: 18.87g (6.86%), Sugar: 2.41g (2.68%), Cholesterol: 113.6mg (37.87%), Sodium: 343.93mg (14.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.3g (32.61%), Vitamin C: 54.24mg (65.75%), Vitamin K: 36.43µg (34.7%), Vitamin A: 1378.53IU (27.57%), Phosphorus: 229.94mg (22.99%), Manganese: 0.36mg (18.13%), Vitamin B6: 0.35mg (17.33%), Potassium: 560.94mg (16.03%), Folate: 62.06µg (15.52%), Copper: 0.31mg (15.45%), Magnesium: 60.91mg (15.23%), Fiber: 3.75g (14.99%), Vitamin E: 1.92mg (12.83%), Vitamin B1: 0.17mg (11.07%), Vitamin B3: 2.21mg (11.07%), Zinc: 1.66mg (11.04%), Iron: 1.38mg (7.69%), Vitamin B2: 0.12mg (7.28%), Calcium: 71.37mg (7.14%), Selenium: 3.46µg (4.95%), Vitamin B5: 0.46mg (4.59%), Vitamin B12: 0.07µg (1.12%)