



Dinner Tonight: Rice with Chorizo, Shrimp, and Green Olives



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



691 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups rice
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 garlic clove minced
- ☐ 4 servings hot sauce
- ☐ 1 optional: lemon quartered
- ☐ 12 large pimiento stuffed olives green thinly sliced
- ☐ 4 servings salt and pepper

- ☐ 0.8 pound shrimp shelled deveined
- ☐ 0.8 pound chorizo spanish chopped
- ☐ 3.3 cups water
- ☐ 1 medium onion diced yellow

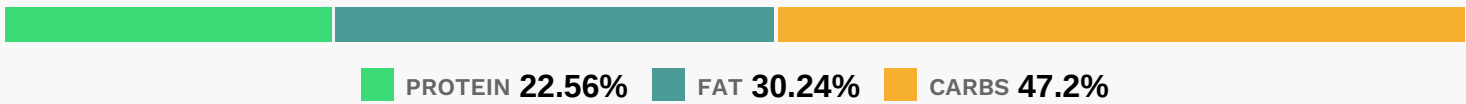
Equipment

- ☐ sauce pan
- ☐ slotted spoon
- ☐ dutch oven

Directions

- ☐ Add chorizo to large dutch oven set over medium heat. Cook, stirring often, until chorizo sets to crisp up and release oil, about three minutes.
- ☐ Add shrimp and cook, stirring often, until shrimp are pink and firm, one to two minutes. Using slotted spoon, remove shrimp and chorizo and set aside, leaving as much oil in dutch oven as possible.
- ☐ Add onion and garlic to dutch oven. Cook until onion is soft and tender, about three minutes.
- ☐ Pour in water and add rice. Turn heat to high and bring to boil. Season with salt and pepper, cover saucepan, and reduce heat to low. Cook until rice is tender, about 18 minutes. Turn off heat, keeping saucepan covered, and let rest for five minutes.
- ☐ Carefully stir in chorizo, shrimp, olives, and parsley. Season with more salt and pepper to taste.
- ☐ Server with lemon wedges and hot sauce.

Nutrition Facts



Properties

Glycemic Index:50.92, Glycemic Load:45.62, Inflammation Score:-5, Nutrition Score:14.493043723314%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 5.91mg, Quercetin: 5.91mg, Quercetin: 5.91mg, Quercetin: 5.91mg

Nutrients (% of daily need)

Calories: 690.99kcal (34.55%), Fat: 22.75g (35%), Saturated Fat: 8.12g (50.73%), Carbohydrates: 79.88g (26.63%), Net Carbohydrates: 76.97g (27.99%), Sugar: 2.04g (2.27%), Cholesterol: 190.08mg (63.36%), Sodium: 502.82mg (21.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.19g (76.38%), Manganese: 1.09mg (54.72%), Vitamin K: 33.19µg (31.61%), Copper: 0.61mg (30.37%), Phosphorus: 303.47mg (30.35%), Vitamin C: 19.31mg (23.41%), Selenium: 14.43µg (20.61%), Iron: 3.24mg (18.01%), Magnesium: 62.24mg (15.56%), Zinc: 2.27mg (15.1%), Potassium: 427.62mg (12.22%), Fiber: 2.9g (11.62%), Vitamin B6: 0.22mg (11.06%), Calcium: 109.93mg (10.99%), Vitamin A: 526.1IU (10.52%), Vitamin B5: 1.04mg (10.38%), Vitamin B3: 1.6mg (8%), Vitamin B1: 0.09mg (6.27%), Folate: 19.02µg (4.76%), Vitamin E: 0.62mg (4.14%), Vitamin B2: 0.06mg (3.64%)