



Dirty Rice with Shrimp

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

READY IN

ready

45 min.

SERVINGS

servings

4

CALORIES

calories

614 kcal

SIDE DISH

Ingredients

- ☐ 1 bay leaf
- ☐ 0.3 teaspoon cayenne
- ☐ 2 ribs celery diced
- ☐ 3 cups chicken broth low-sodium homemade canned
- ☐ 2 tablespoons cooking oil
- ☐ 1 clove garlic minced
- ☐ 1 bell pepper diced green
- ☐ 0.3 teaspoon fresh-ground pepper black

- ☐ 0.5 pound ground pork
- ☐ 1 onion chopped
- ☐ 0.5 teaspoon oregano dried
- ☐ 0.5 teaspoon paprika
- ☐ 1.5 cups rice long-grain
- ☐ 1.8 teaspoons salt
- ☐ 2 scallions including tops green chopped
- ☐ 1 pound shrimp shelled halved

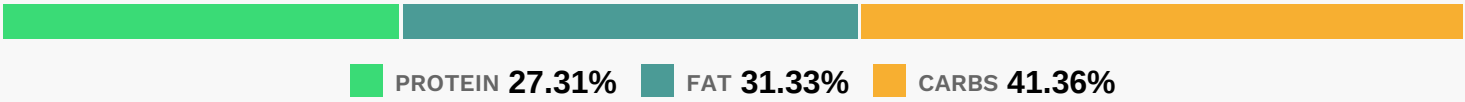
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ In a large saucepan, heat 1 tablespoon of the oil over moderate heat.
- ☐ Add the pork and cook until the meat is no longer pink, about 2 minutes.
- ☐ Reduce the heat to moderately low and add the remaining tablespoon oil to the pan.
- ☐ Add the onion, celery, bell pepper, and garlic. Cover and cook, stirring occasionally, until the vegetables start to soften, about 5 minutes. Stir in the cayenne, paprika, oregano, bay leaf, salt, black pepper, and rice. Cook for 1 minute, stirring.
- ☐ Add the broth. Bring to a boil, reduce the heat, and simmer, covered, for 15 minutes.
- ☐ Raise the heat to moderate and stir in the shrimp. Cover and cook for 2 minutes.
- ☐ Remove the pan from the heat and let stand, covered, until the rice and shrimp are just done, about 5 minutes longer.
- ☐ Remove the bay leaf. Stir in the scallions.
- ☐ Wine Recommendation: These assertive and varied flavors require a simple and fruity red wine, such as Beaujolais. This wine is at its best in its frisky youth; buy the most recent vintage you can find. Luckily, both 1995 and 1996 were terrific years, so your choices are plentiful.

Nutrition Facts



Properties

Glycemic Index:69.05, Glycemic Load:34.33, Inflammation Score:-7, Nutrition Score:21.498260684635%

Flavonoids

Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 1.62mg, Luteolin: 1.62mg, Luteolin: 1.62mg, Luteolin: 1.62mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.97mg, Quercetin: 6.97mg, Quercetin: 6.97mg, Quercetin: 6.97mg

Nutrients (% of daily need)

Calories: 613.87kcal (30.69%), Fat: 21.31g (32.79%), Saturated Fat: 5.59g (34.93%), Carbohydrates: 63.3g (21.1%), Net Carbohydrates: 60.67g (22.06%), Sugar: 2.66g (2.95%), Cholesterol: 223.39mg (74.46%), Sodium: 1260.04mg (54.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.79g (83.58%), Phosphorus: 498.62mg (49.86%), Manganese: 0.95mg (47.6%), Copper: 0.76mg (38.14%), Selenium: 24.83µg (35.47%), Vitamin C: 28.45mg (34.48%), Vitamin B1: 0.5mg (33.6%), Vitamin B3: 6.32mg (31.6%), Vitamin K: 27.72µg (26.4%), Zinc: 3.87mg (25.8%), Potassium: 871.25mg (24.89%), Vitamin B6: 0.49mg (24.39%), Magnesium: 80.47mg (20.12%), Vitamin B2: 0.26mg (15.23%), Iron: 2.5mg (13.9%), Calcium: 136.14mg (13.61%), Vitamin B5: 1.21mg (12.14%), Vitamin E: 1.66mg (11.08%), Fiber: 2.63g (10.53%), Vitamin B12: 0.57µg (9.56%), Vitamin A: 445.91IU (8.92%), Folate: 28.56µg (7.14%)