



## Fabulous Fast Shrimp

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



305 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 tablespoon butter
- 1 Dash cayenne pepper
- 2 stalks celery chopped
- 10.8 ounce campbell's® condensed cream of chicken soup fat free 98% canned
- 4 servings rice hot cooked
- 0.3 cup green onion sliced
- 0.3 cup bell pepper green chopped
- 4 servings paprika

1 pound shrimp fresh shelled deveined

0.5 cup water

## Equipment

frying pan

## Directions

Heat butter in skillet.

Add celery, green pepper and green onions and cook until tender.

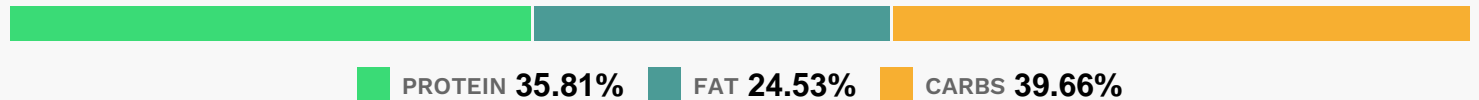
Add shrimp and cook 3 to 5 minutes or until done.

Add soup, water and cayenne pepper and heat through.

Serve over rice.

Sprinkle with paprika.

## Nutrition Facts



## Properties

Glycemic Index:68.25, Glycemic Load:26.53, Inflammation Score:-7, Nutrition Score:12.090434688427%

## Flavonoids

Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg

## Nutrients (% of daily need)

Calories: 305.21kcal (15.26%), Fat: 8.34g (12.83%), Saturated Fat: 2.1g (13.2%), Carbohydrates: 30.32g (10.11%), Net Carbohydrates: 28.66g (10.42%), Sugar: 1.3g (1.44%), Cholesterol: 188.67mg (62.89%), Sodium: 723.71mg (31.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.38g (54.76%), Phosphorus: 316.39mg (31.64%), Copper: 0.63mg (31.64%), Vitamin A: 1445.91IU (28.92%), Manganese: 0.54mg (26.82%), Vitamin K: 24.24µg (23.08%), Zinc: 2.28mg (15.2%), Magnesium: 60.6mg (15.15%), Potassium: 497.47mg (14.21%), Iron: 2.14mg (11.91%), Vitamin C: 9.4mg (11.4%), Calcium: 111.13mg (11.11%), Selenium: 7.62µg (10.88%), Vitamin E: 1.26mg (8.43%), Vitamin B6: 0.16mg (7.83%), Fiber: 1.66g (6.65%), Vitamin B5: 0.57mg (5.71%), Vitamin B2: 0.09mg (5.32%), Vitamin B3: 0.96mg (4.8%), Folate: 17.07µg (4.27%), Vitamin B1: 0.05mg (3.05%)