



Guisado de Camarones (Shrimp in Criolla Tomato Sauce)

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



247 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons butter
- ☐ 1 medium onion finely chopped
- ☐ 0.5 small bell pepper diced green
- ☐ 4 cloves garlic minced
- ☐ 1.5 cups shrimp stock
- ☐ 2 cups tomatoes crushed
- ☐ 1 teaspoon cumin powder

- ☐ 1 pound shrimp shelled deveined
- ☐ 4 servings salt and pepper to taste
- ☐ 1 tablespoon juice of lime
- ☐ 0.3 cup parsley fresh chopped

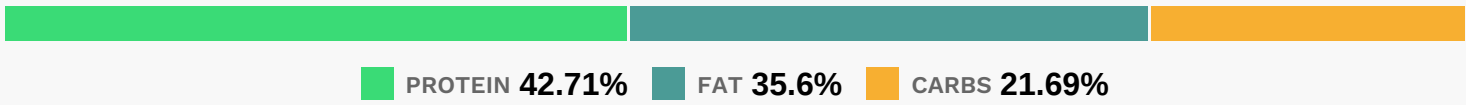
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Melt the butter in a large sauce pan over medium heat.
- ☐ Add the onions and peppers, and cook until tender, about 7–8 minutes.
- ☐ Add the garlic and cook for one minute more.
- ☐ Whisk in the stock, add the tomatoes and cumin powder, and simmer for 20 minutes.
- ☐ Add the shrimp and cook for about 5 minutes. Season with salt and pepper to your taste.
- ☐ Add the lime juice and parsley.
- ☐ Serve over cooked white rice.

Nutrition Facts



Properties

Glycemic Index:48, Glycemic Load:3.4, Inflammation Score:-7, Nutrition Score:16.700869741647%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 5.87mg, Quercetin: 5.87mg, Quercetin: 5.87mg, Quercetin: 5.87mg

Nutrients (% of daily need)

Calories: 246.52kcal (12.33%), Fat: 10.18g (15.67%), Saturated Fat: 5.71g (35.71%), Carbohydrates: 13.96g (4.65%), Net Carbohydrates: 10.78g (3.92%), Sugar: 6.94g (7.71%), Cholesterol: 205.15mg (68.38%), Sodium: 851.84mg (37.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.49g (54.97%), Vitamin K: 69.73µg (66.41%), Copper: 0.75mg (37.42%), Vitamin C: 27.69mg (33.56%), Phosphorus: 330.97mg (33.1%), Potassium: 837.62mg (23.93%), Manganese: 0.38mg (18.98%), Magnesium: 73.45mg (18.36%), Vitamin A: 885.38IU (17.71%), Iron: 3.07mg (17.04%), Calcium: 166.84mg (16.68%), Vitamin B3: 2.91mg (14.56%), Vitamin B6: 0.29mg (14.44%), Zinc: 2.11mg (14.06%), Vitamin E: 1.99mg (13.26%), Fiber: 3.18g (12.71%), Vitamin B1: 0.12mg (8.17%), Folate: 32.07µg (8.02%), Vitamin B2: 0.11mg (6.65%), Vitamin B5: 0.43mg (4.28%), Selenium: 2.07µg (2.96%), Vitamin B12: 0.11µg (1.82%)