

food
network



HEALTH SCORE

91%

Gulf Shrimp with Peanuts and Green Chile Slices with Dirty Rice



Very Healthy

READY IN



60 min.

SERVINGS



4

CALORIES



1257 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 1 medium tomatoes canned ripe chopped
- ☐ 1 small carrots coarsely chopped
- ☐ 1 stalk celery diced finely
- ☐ 0.5 medium celery stalk coarsely chopped
- ☐ 1 pound chicken livers
- ☐ 4.5 cups home-made chicken stock low sodium canned

- ☐ 0.3 cup cilantro leaves chopped
- ☐ 0.3 cup flat parsley fresh chopped
- ☐ 1 tablespoon thyme leaves fresh finely chopped
- ☐ 2 cloves garlic finely chopped
- ☐ 3 cloves garlic finely chopped
- ☐ 2 tablespoons juice of lime fresh
- ☐ 2 cups rice long grain
- ☐ 2 tablespoons maple syrup
- ☐ 2 tablespoons olive oil
- ☐ 1 large onion coarsely chopped
- ☐ 0.5 cup peanuts chopped
- ☐ 1 poblano pepper thinly sliced quartered
- ☐ 1 bell pepper diced red finely
- ☐ 1 large onion diced red finely
- ☐ 4 servings salt and pepper black freshly ground to taste
- ☐ 4 servings salt and pepper freshly ground
- ☐ 1 serrano chile diced finely
- ☐ 3 cups shells and tails from shrimp raw
- ☐ 24 medium gulf shrimp deveined
- ☐ 2 tablespoons butter unsalted cold
- ☐ 6 cups water
- ☐ 1 cup white wine
- ☐ 1 bell pepper diced yellow finely

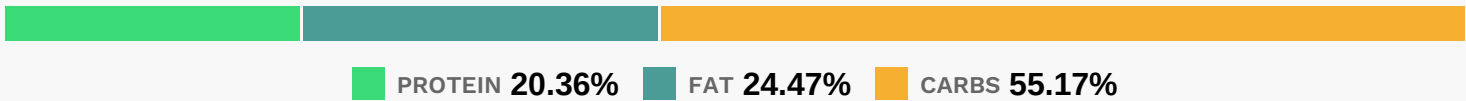
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ sieve
- ☐ cheesecloth

Directions

- ☐ Heat olive oil in a large skillet over high heat.
- ☐ Add the shrimp and sear on both sides until golden brown, about 1 minute per side.
- ☐ Remove the shrimp to a plate.
- ☐ Add the poblano pepper to pan and cook until soft.
- ☐ Add the garlic and cook for 1 minute more.
- ☐ Add the shrimp stock, bring to a boil, and reduce by half.
- ☐ Add the shrimp back to the pan, stir in the butter, lime juice, and cilantro, and season with salt and pepper, to taste. Spoon over Dirty Rice on a platter and sprinkle with the peanuts.
- ☐ In a large saucepan over high heat, heat the oil until almost smoking and saute the shrimp shells and tails, onion, carrot and celery for 5 minutes, stirring.
- ☐ Add the water, wine, tomato, and bay leaf. Reduce the heat to medium, partially cover and simmer for 40 minutes. Strain through cheesecloth or a fine strainer.

Nutrition Facts



Properties

Glycemic Index:153.69, Glycemic Load:72.62, Inflammation Score:-10, Nutrition Score:69.201304277648%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.91mg, Hesperetin: 0.91mg, Hesperetin: 0.91mg, Hesperetin: 0.91mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Apigenin: 8.44mg, Apigenin: 8.44mg, Apigenin: 8.44mg, Apigenin: 8.44mg Luteolin: 2.93mg, Luteolin: 2.93mg, Luteolin: 2.93mg, Luteolin: 2.93mg Isorhamnetin: 3.26mg, Isorhamnetin: 3.26mg, Isorhamnetin: 3.26mg, Isorhamnetin: 3.26mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.71mg, Myricetin: 0.71mg, Myricetin: 0.71mg, Myricetin: 0.71mg Quercetin: 15.2mg, Quercetin: 15.2mg, Quercetin: 15.2mg, Quercetin: 15.2mg

Nutrients (% of daily need)

Calories: 1257.33kcal (62.87%), Fat: 32.91g (50.63%), Saturated Fat: 9.13g (57.06%), Carbohydrates: 166.92g (55.64%), Net Carbohydrates: 157.96g (57.44%), Sugar: 18.68g (20.75%), Cholesterol: 510.97mg (170.32%), Sodium: 793.81mg (34.51%), Alcohol: 6.18g (100%), Alcohol %: 0.62% (100%), Protein: 61.59g (123.19%), Vitamin A: 16470.31IU (329.41%), Vitamin B12: 18.81µg (313.56%), Folate: 797.1µg (199.28%), Vitamin C: 155.49mg (188.47%), Selenium: 131.73µg (188.19%), Manganese: 3.13mg (156.27%), Vitamin B2: 2.59mg (152.43%), Vitamin B3: 22.12mg (110.61%), Vitamin B6: 1.86mg (92.95%), Phosphorus: 928.24mg (92.82%), Vitamin B5: 9.06mg (90.65%), Copper: 1.71mg (85.45%), Iron: 14.94mg (83.01%), Vitamin K: 79.36µg (75.58%), Vitamin B1: 0.8mg (53.51%), Zinc: 7.3mg (48.65%), Magnesium: 188.65mg (47.16%), Potassium: 1586.34mg (45.32%), Fiber: 8.96g (35.82%), Vitamin E: 3.02mg (20.14%), Calcium: 198.66mg (19.87%)