



Ham and Shrimp Gravy

READY IN



65 min.

SERVINGS



6

CALORIES



182 kcal

SAUCE

Ingredients

- ☐ 4 tablespoons butter
- ☐ 2 teaspoons cajun spice
- ☐ 1 pinch cayenne pepper to taste
- ☐ 0.5 cup celery diced finely
- ☐ 3.5 cups chicken broth cold
- ☐ 6 ounces ham smoked diced
- ☐ 3 tablespoons flour
- ☐ 4 green onions separated chopped
- ☐ 1 jalapeno fresh diced finely

- ☐ 1 pound shrimp raw deveined peeled
- ☐ 1 bell pepper diced red finely
- ☐ 1 pinch salt to taste
- ☐ 0.3 teaspoon worcestershire sauce

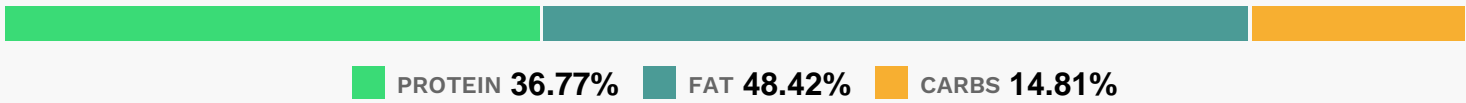
Equipment

- ☐ frying pan

Directions

- ☐ Melt butter over medium heat in a deep frying pan. Stir in diced ham and cook until lightly browned, about 5 minutes.
- ☐ Stir in red bell pepper, celery, white portions of green onion, jalapeno pepper, and garlic; cook, stirring, until softened, about 5 minutes. Stir in Cajun seasoning and cook for 1 minute.
- ☐ Stir in flour; cook and stir until flour is no longer gritty, about 3 minutes.
- ☐ Pour in chicken broth and Worcestershire sauce; increase heat to medium-high. Simmer until vegetables are soft and liquid is reduced and thick, 10 to 15 minutes. Reduce heat to medium-low.
- ☐ Stir in shrimp; cook and stir until shrimp are cooked through, 2 to 3 minutes. Season with salt and cayenne pepper to taste.
- ☐ Garnish with green parts of green onions.

Nutrition Facts



Properties

Glycemic Index:50, Glycemic Load:2.53, Inflammation Score:-8, Nutrition Score:12.781739131264%

Flavonoids

Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

Nutrients (% of daily need)

Calories: 182.23kcal (9.11%), Fat: 9.86g (15.18%), Saturated Fat: 5.29g (33.06%), Carbohydrates: 6.79g (2.26%), Net Carbohydrates: 5.63g (2.05%), Sugar: 1.96g (2.18%), Cholesterol: 131.67mg (43.89%), Sodium: 1359.76mg (59.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.86g (33.71%), Vitamin C: 29.97mg (36.33%), Selenium: 24.45µg (34.92%), Vitamin A: 1471.24IU (29.42%), Phosphorus: 275.32mg (27.53%), Vitamin K: 21.87µg (20.83%), Vitamin B12: 0.88µg (14.71%), Vitamin E: 1.93mg (12.9%), Copper: 0.25mg (12.55%), Vitamin B3: 2.23mg (11.16%), Vitamin B6: 0.22mg (10.85%), Zinc: 1.5mg (10.01%), Folate: 39.77µg (9.94%), Vitamin B2: 0.15mg (8.96%), Potassium: 301.47mg (8.61%), Magnesium: 34.3mg (8.58%), Manganese: 0.17mg (8.37%), Iron: 1.18mg (6.56%), Calcium: 64.56mg (6.46%), Vitamin B1: 0.09mg (6.27%), Fiber: 1.16g (4.65%), Vitamin B5: 0.39mg (3.87%)