



Lowcountry Shrimp Pilaf



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



389 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.5 cups prechopped bell pepper green
- ☐ 1 tablespoon bottled garlic minced
- ☐ 14.5 ounce canned tomatoes diced with jalapeños, undrained canned
- ☐ 1.5 tablespoons canola oil
- ☐ 8 ounce bottled clam juice
- ☐ 0.5 cup cooking wine dry white
- ☐ 2 tablespoons thyme leaves fresh divided chopped
- ☐ 1.5 cups rice white instant

- ☐ 2 teaspoons old bay seasoning
- ☐ 1 cup prechopped onion
- ☐ 1 pound shrimp deveined peeled

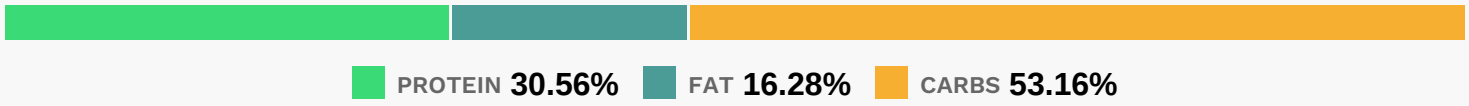
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in large nonstick skillet over medium-high heat.
- ☐ Add bell pepper and onion to pan; saut 2 minutes.
- ☐ Add garlic and Old Bay seasoning to pan; saut 1 minute.
- ☐ Add shrimp, wine, and clam juice; bring to a boil. Stir in rice; cover and remove from heat.
- ☐ Let stand 5 minutes or until liquid is absorbed.
- ☐ Place pan over medium-high heat. Stir in 1 tablespoon thyme and tomatoes; cook 2 minutes or until thoroughly heated, stirring occasionally.
- ☐ Sprinkle with remaining 1 tablespoon thyme.

Nutrition Facts



Properties

Glycemic Index:41.25, Glycemic Load:3.72, Inflammation Score:-10, Nutrition Score:22.841304210217%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 4.22mg, Luteolin: 4.22mg, Luteolin: 4.22mg, Luteolin: 4.22mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 9.43mg, Quercetin: 9.43mg, Quercetin: 9.43mg, Quercetin: 9.43mg

Nutrients (% of daily need)

Calories: 389.42kcal (19.47%), Fat: 6.82g (10.49%), Saturated Fat: 0.69g (4.33%), Carbohydrates: 50.11g (16.7%), Net Carbohydrates: 45.01g (16.37%), Sugar: 9.81g (10.9%), Cholesterol: 182.57mg (60.86%), Sodium: 485.07mg (21.09%), Alcohol: 3.09g (100%), Alcohol %: 0.88% (100%), Protein: 28.81g (57.62%), Vitamin C: 67.07mg (81.29%), Manganese: 0.91mg (45.38%), Copper: 0.8mg (39.89%), Phosphorus: 359.18mg (35.92%), Folate: 123.14µg (30.78%), Iron: 5.42mg (30.14%), Vitamin B1: 0.45mg (30.08%), Potassium: 880.32mg (25.15%), Vitamin B6: 0.49mg (24.41%), Magnesium: 88.96mg (22.24%), Vitamin K: 21.75µg (20.72%), Vitamin B3: 4.11mg (20.56%), Fiber: 5.1g (20.41%), Selenium: 13.67µg (19.54%), Zinc: 2.62mg (17.46%), Calcium: 167.56mg (16.76%), Vitamin E: 2.51mg (16.73%), Vitamin A: 705.91IU (14.12%), Vitamin B2: 0.12mg (7.22%), Vitamin B5: 0.63mg (6.27%)