



Make-Ahead Cheesy Shrimp & Rice

 Gluten Free

READY IN



60 min.

SERVINGS



8

CALORIES



371 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 slices oscar mayer bacon cut into 1/2-inch pieces
- 15 oz tomato sauce canned
- 1.5 cups four cheese shredded with a touch of philadelphia mexican style kraft
- 4 cups rice long-grain white cooked
- 10 oz regular corn frozen
- 2 cloves garlic minced
- 1 bell pepper green chopped
- 1 onion chopped

- 0.8 cup taco bellâ® & chunky salsa thick
- 1.5 lb shrimp cleaned cooked

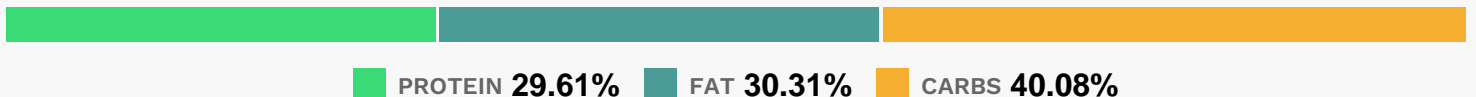
Equipment

- frying pan
- paper towels
- oven
- baking pan
- aluminum foil
- slotted spoon

Directions

- Cook and stir bacon in large skillet on medium heat until crisp.
- Remove bacon from skillet with slotted spoon, reserving 2 Tbsp. drippings in skillet; drain bacon on paper towels.
- Add onions, peppers and garlic to reserved drippings; cook and stir 5 min. or until crisp-tender. Stir in tomato sauce and salsa; simmer 2 min., stirring occasionally. Stir in shrimp and corn; simmer 2 min. Stir in bacon.
- Spoon rice into 13x9-inch baking dish sprayed with cooking spray; top with shrimp mixture and cheese. Cover with foil. Refrigerate up to 24 hours.
- Heat oven to 375F.
- Bake casserole, covered, 35 min. or until heated through, uncovering after 20 min.

Nutrition Facts



Properties

Glycemic Index:31, Glycemic Load:25.36, Inflammation Score:-6, Nutrition Score:14.610869630523%

Flavonoids

Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.13mg, Quercetin: 3.13mg, Quercetin: 3.13mg, Quercetin: 3.13mg

Nutrients (% of daily need)

Calories: 371.45kcal (18.57%), Fat: 12.75g (19.61%), Saturated Fat: 5.76g (36.01%), Carbohydrates: 37.93g (12.64%), Net Carbohydrates: 34.88g (12.68%), Sugar: 3.88g (4.31%), Cholesterol: 165.38mg (55.13%), Sodium: 728.14mg (31.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.02g (56.05%), Phosphorus: 389.94mg (38.99%), Manganese: 0.59mg (29.66%), Copper: 0.51mg (25.56%), Vitamin C: 19.95mg (24.18%), Calcium: 234.37mg (23.44%), Selenium: 15.13µg (21.61%), Zinc: 2.9mg (19.33%), Potassium: 664.33mg (18.98%), Magnesium: 72.31mg (18.08%), Vitamin B6: 0.33mg (16.74%), Vitamin A: 620.33IU (12.41%), Fiber: 3.05g (12.19%), Vitamin B2: 0.19mg (11.46%), Vitamin B3: 2.26mg (11.29%), Vitamin E: 1.36mg (9.06%), Iron: 1.63mg (9.03%), Vitamin B1: 0.13mg (8.43%), Vitamin B5: 0.81mg (8.1%), Folate: 30.88µg (7.72%), Vitamin B12: 0.28µg (4.66%), Vitamin K: 4.19µg (3.99%), Vitamin D: 0.17µg (1.14%)