



HEALTH SCORE

14%

Mardi Gras Shrimp Étouffée

READY IN



90 min.

SERVINGS



4

CALORIES



421 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 5 Tbsp butter
- 5 Tbsp flour
- 2 small bell pepper green
- 2 small celery stalks
- 1 small onion yellow
- 4 garlic clove minced
- 1 Tbsp thyme dried
- 2 Tbsp tomato paste
- 1.5 Tbsp worcestershire sauce

- 1 Tbsp creole seasoning
- 4 cups chicken broth
- 1.5 lbs shrimp deveined peeled
- 1 Tbsp butter
- 4 servings spring onion
- 4 servings tomatoes fresh diced for garnish
- 4 servings rice

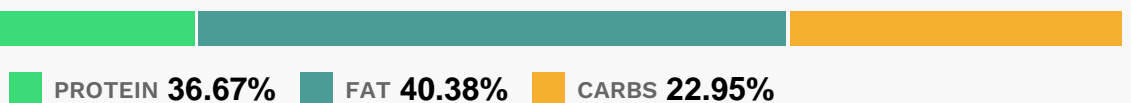
Equipment

- whisk
- pot

Directions

- Heat up a heavy pot over low heat.
- Add in the butter and cook for about 10–12 minutes until a light golden brown. Be sure to stir around a few times to prevent burning.
- Whisk in the flour until smooth and cook again for about 8 minutes on low. It should look like a slightly loose peanut butter when its ready.
- Add in the bell peppers, celery and onion. Stir and coat the veggies with the roux. Cook for another 10–15 minutes, until the veggies are softened. Stir in the garlic and thyme and cook for a minute, until the garlic is fragrant.
- Add in the tomato paste, Worcestershire sauce, creole seasoning and broth. Simmer on low for 30–40 minutes until slightly thickened. Stir occasionally. Stir in the shrimp, shut the heat and put the lid on. Allow to cook for about 5–8 minutes or until cooked through. Stir in a Tbsp of butter right at the end.
- Serve over rice and garnish with sliced scallion and fresh diced tomato.

Nutrition Facts



Properties

Glycemic Index:120.55, Glycemic Load:9, Inflammation Score:-10, Nutrition Score:24.587826086957%

Flavonoids

Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 1.77mg, Luteolin: 1.77mg, Luteolin: 1.77mg, Luteolin: 1.77mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 6.12mg, Quercetin: 6.12mg, Quercetin: 6.12mg, Quercetin: 6.12mg

Nutrients (% of daily need)

Calories: 421.06kcal (21.05%), Fat: 19.54g (30.06%), Saturated Fat: 11.33g (70.81%), Carbohydrates: 24.98g (8.33%), Net Carbohydrates: 20.31g (7.39%), Sugar: 9.37g (10.41%), Cholesterol: 324.35mg (108.12%), Sodium: 1372.38mg (59.67%), Protein: 39.92g (79.83%), Vitamin C: 61.9mg (75.03%), Vitamin A: 2930.72IU (58.61%), Vitamin K: 52.02µg (49.54%), Phosphorus: 469.05mg (46.9%), Copper: 0.92mg (46.2%), Manganese: 0.71mg (35.38%), Potassium: 1224.39mg (34.98%), Magnesium: 100.5mg (25.12%), Iron: 4.29mg (23.84%), Zinc: 3.14mg (20.96%), Calcium: 193.2mg (19.32%), Fiber: 4.67g (18.68%), Vitamin B6: 0.35mg (17.52%), Vitamin E: 2.55mg (17%), Vitamin B2: 0.29mg (16.91%), Vitamin B1: 0.25mg (16.6%), Folate: 62.29µg (15.57%), Vitamin B3: 2.87mg (14.36%), Selenium: 5.65µg (8.08%), Vitamin B5: 0.35mg (3.53%), Vitamin B12: 0.08µg (1.39%)