



Michael Lomonaco's Sicilian Shrimp and Couscous

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



282 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup almonds shelled
- 2 cups bottled clam juice
- 4 servings pepper black freshly ground
- 2 tablespoons olive oil
- 0.5 cup onion diced
- 0.3 teaspoon pepper red crushed
- 1 pinch saffron threads

- 1 pound shrimp fresh deveined peeled for broth
- 2 tablespoons tomato paste

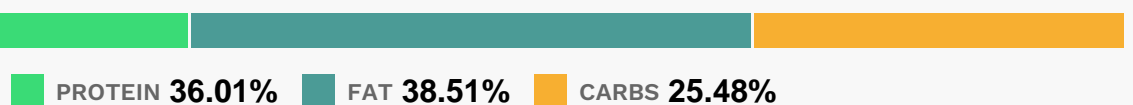
Equipment

- bowl
- sauce pan
- pot
- wooden spoon

Directions

- Pour the clam juice into a medium-sized saucepan, and bring to a gentle boil over medium heat.
- Add the shrimp shells, and lower heat to maintain a simmer. Cook for 20 minutes. Discard the shells.
- Pour the oil into a large pot set over low heat.
- Add the onion and cook until softened but not browned, about four minutes.
- Add the saffron, tomato paste, 1/2 teaspoon salt, 1/2 teaspoon pepper, and red chile flakes. Cook, stirring constantly with a wooden spoon, until very fragrant, about two minutes.
- Pour in the shellfish broth, and stir the bottom of the pot to dislodge any browned bits. Bring to a boil over high heat, and then reduce heat to a strong simmer. Stir the couscous, and cook until most of the liquid has been absorbed, about two minutes.
- Season the raw shrimp with a pinch of salt and pepper, and then stir them into the couscous. Cover the pot and let the shrimp steam until firm and pink, about four minutes. When done, turn off the heat.
- Divide the mixture between four large bowls.
- Garnish each with a tablespoon of the ground almonds. Adjust seasoning if necessary.

Nutrition Facts



Properties

Glycemic Index:46, Glycemic Load:1.04, Inflammation Score:-5, Nutrition Score:10.294347838215%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.24mg, Isorhamnetin: 1.24mg, Isorhamnetin: 1.24mg, Isorhamnetin: 1.24mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg

Nutrients (% of daily need)

Calories: 282kcal (14.1%), Fat: 12.35g (19.01%), Saturated Fat: 1.44g (9.01%), Carbohydrates: 18.4g (6.13%), Net Carbohydrates: 16.07g (5.84%), Sugar: 6.14g (6.82%), Cholesterol: 182.57mg (60.86%), Sodium: 629.49mg (27.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.99g (51.98%), Phosphorus: 311.68mg (31.17%), Copper: 0.61mg (30.47%), Vitamin E: 3.82mg (25.49%), Magnesium: 75.49mg (18.87%), Manganese: 0.35mg (17.39%), Potassium: 584.54mg (16.7%), Zinc: 1.98mg (13.23%), Calcium: 114.5mg (11.45%), Vitamin C: 9.16mg (11.1%), Fiber: 2.33g (9.31%), Iron: 1.45mg (8.06%), Vitamin B2: 0.14mg (7.95%), Vitamin A: 336.42IU (6.73%), Vitamin B6: 0.13mg (6.44%), Vitamin K: 5.5µg (5.24%), Folate: 18.22µg (4.55%), Vitamin B3: 0.88mg (4.41%), Vitamin B1: 0.06mg (3.84%), Selenium: 1.39µg (1.99%), Vitamin B5: 0.18mg (1.79%)