



New Orleans Shrimp, Okra, and Tomato Sauté

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



324 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons flour
- 6 slices bacon smoked chopped
- 3 teaspoons cajun spice divided
- 12 ounce cherry tomatoes
- 8 ounce bottled clam juice
- 2 spring onion chopped
- 0.3 teaspoon ground allspice
- 2 cups okra frozen thawed (from 16-ounce package)

1.3 pounds shrimp deveined uncooked peeled

Equipment

- bowl
- frying pan
- paper towels
- slotted spoon

Directions

- Toss shrimp and 1 1/2 teaspoons Cajun seasoning in medium bowl to coat. Cook bacon in large nonstick skillet over medium-high heat until crisp and brown. Using slotted spoon, transfer bacon to paper towel to drain.
- Add flour to drippings in skillet. Stir constantly until roux is very dark brown, about 5 minutes.
- Add okra and cherry tomatoes. Stir in remaining 1 1/2 teaspoons Cajun seasoning. Cook 1 minute.
- Add clam juice and allspice. Boil until sauce is thick, stirring often, about 3 minutes.
- Add shrimp. Sauté shrimp until just opaque in center, about 5 minutes. Season to taste with salt and pepper.
- Mix in chopped green onions and cooked bacon.
- Serve.
- Cajun seasoning varies by brand, but it almost always contains salt, onion, garlic, chiles, black pepper, mustard, and celery. It may also include bay leaves, nutmeg, and paprika. You can find it in the spice section of most supermarkets.
- Nutrition Data
- See Nutrition Data's analysis of this recipe ›

Nutrition Facts



Properties

Glycemic Index:42.25, Glycemic Load:3.93, Inflammation Score:-9, Nutrition Score:23.793043483859%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 11.72mg, Quercetin: 11.72mg, Quercetin: 11.72mg, Quercetin: 11.72mg

Nutrients (% of daily need)

Calories: 324.23kcal (16.21%), Fat: 15.1g (23.23%), Saturated Fat: 4.62g (28.89%), Carbohydrates: 20.69g (6.9%), Net Carbohydrates: 17.41g (6.33%), Sugar: 5.04g (5.61%), Cholesterol: 200.38mg (66.79%), Sodium: 1241.05mg (53.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.48g (52.96%), Selenium: 51.63µg (73.76%), Phosphorus: 467.08mg (46.71%), Vitamin C: 34.92mg (42.32%), Vitamin A: 1925.03IU (38.5%), Manganese: 0.62mg (31.08%), Vitamin K: 32.1µg (30.57%), Vitamin B12: 1.76µg (29.26%), Vitamin B6: 0.56mg (28.19%), Vitamin B3: 5.45mg (27.25%), Folate: 87.44µg (21.86%), Copper: 0.43mg (21.55%), Vitamin E: 3.16mg (21.06%), Vitamin B1: 0.31mg (20.97%), Magnesium: 79.41mg (19.85%), Potassium: 668.97mg (19.11%), Zinc: 2.35mg (15.65%), Calcium: 142.51mg (14.25%), Fiber: 3.28g (13.12%), Iron: 2.08mg (11.57%), Vitamin B5: 0.97mg (9.69%), Vitamin B2: 0.15mg (9.1%), Vitamin D: 0.27µg (1.82%)