



## Okra Stew with Shrimp

 **Gluten Free**  **Dairy Free**

READY IN



**45 min.**

SERVINGS



**4**

CALORIES



**280 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 bay leaf
- 1 cup corn kernels frozen
- 0.3 teaspoon thyme leaves dried
- 2 bell peppers green seeded
- 1 chile pepper green
- 0.5 juice of lime juiced
- 4 tablespoons butter
- 1 cup okra chopped

- 4 servings salt and pepper to taste
- 6 tablespoons shallots minced
- 1 pound shrimp deveined peeled
- 1 tablespoon tomato paste
- 3 tomatoes – blanched peeled chopped

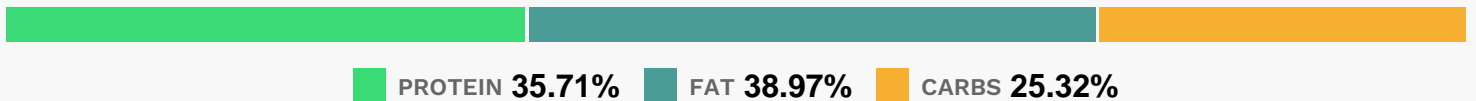
## Equipment

- mixing bowl
- pot

## Directions

- Place shrimp in mixing bowl and squeeze lime juice on top, trying to coat shrimp evenly.
- Heat butter in a stock pot and saute the green pepper with shallots or chives for 2 to 3 minutes.
- Mix in corn, okra, tomatoes, tomato paste, thyme, bay leaf and chili pepper. Season with salt and pepper and simmer for 10 minutes.
- Add the shrimp, return to a boil and simmer for another 5 minutes.
- Remove bay leaf and chili before serving.

## Nutrition Facts



## Properties

Glycemic Index:38.75, Glycemic Load:2.34, Inflammation Score:-9, Nutrition Score:17.440000072122%

## Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.64mg, Naringenin: 0.64mg, Naringenin: 0.64mg, Naringenin: 0.64mg Luteolin: 2.8mg, Luteolin: 2.8mg, Luteolin: 2.8mg, Luteolin: 2.8mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 7.11mg, Quercetin: 7.11mg, Quercetin: 7.11mg, Quercetin: 7.11mg

## Nutrients (% of daily need)

Calories: 279.58kcal (13.98%), Fat: 12.72g (19.58%), Saturated Fat: 2.63g (16.43%), Carbohydrates: 18.6g (6.2%), Net Carbohydrates: 13.8g (5.02%), Sugar: 8.15g (9.06%), Cholesterol: 182.57mg (60.86%), Sodium: 623.93mg (27.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.24g (52.47%), Vitamin C: 71.5mg (86.67%), Vitamin A: 1754.22IU (35.08%), Phosphorus: 327.04mg (32.7%), Copper: 0.61mg (30.37%), Manganese: 0.52mg (26.15%), Potassium: 852.61mg (24.36%), Magnesium: 81.09mg (20.27%), Vitamin K: 21.19µg (20.18%), Fiber: 4.8g (19.19%), Vitamin B6: 0.34mg (16.99%), Zinc: 2.12mg (14.16%), Folate: 56.27µg (14.07%), Calcium: 122.7mg (12.27%), Vitamin B1: 0.15mg (9.82%), Vitamin E: 1.45mg (9.65%), Iron: 1.7mg (9.44%), Vitamin B3: 1.66mg (8.29%), Vitamin B2: 0.1mg (5.93%), Vitamin B5: 0.41mg (4.13%), Selenium: 0.82µg (1.17%)