



Pirates' House Shrimp Pilau

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

READY IN



45 min.

SERVINGS



6

CALORIES



299 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 slices bacon
- 14.5 ounce canned tomatoes undrained chopped canned
- 0.3 cup bell pepper green chopped
- 0.1 teaspoon hot sauce
- 0.5 cup onion chopped
- 0.3 teaspoon pepper
- 1 cup regular rice uncooked
- 0.5 teaspoon salt

- 1.5 pounds shrimp deveined peeled
- 0.8 cup water

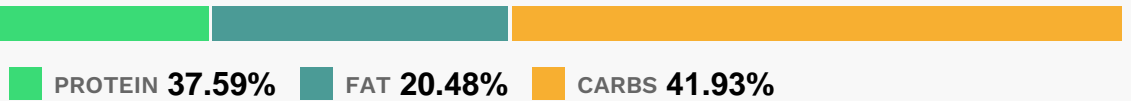
Equipment

- frying pan
- oven

Directions

- Cook bacon in a large skillet until crisp; drain, reserving 2 tablespoons drippings in skillet. Crumble bacon; set aside.
- Saut onion and green pepper in bacon drippings until tender. Stir in tomatoes; cook over medium heat 2 minutes. Stir in remaining ingredients and reserved bacon.
- Pour mixture into a greased 1 1/2-quart casserole. Cover and bake at 350 for 45 minutes or until rice is tender, stirring once during baking.
- Serve hot.

Nutrition Facts



Properties

Glycemic Index:28.03, Glycemic Load:16.54, Inflammation Score:-3, Nutrition Score:11.103478405787%

Flavonoids

Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg

Nutrients (% of daily need)

Calories: 298.81kcal (14.94%), Fat: 6.82g (10.5%), Saturated Fat: 2.16g (13.49%), Carbohydrates: 31.42g (10.47%), Net Carbohydrates: 29.37g (10.68%), Sugar: 3.77g (4.19%), Cholesterol: 192.25mg (64.08%), Sodium: 522.22mg (22.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.18g (56.35%), Copper: 0.66mg (32.9%), Phosphorus: 326.42mg (32.64%), Manganese: 0.54mg (26.79%), Potassium: 596.21mg (17.03%), Magnesium: 65.26mg (16.32%), Zinc: 2.25mg (14.99%), Vitamin C: 12.34mg (14.96%), Selenium: 8.09µg (11.55%), Vitamin B6: 0.22mg (11.13%), Calcium: 110.31mg (11.03%), Iron: 1.85mg (10.26%), Vitamin B3: 1.97mg (9.83%), Vitamin B1: 0.12mg

(8.22%), Fiber: 2.06g (8.22%), Vitamin E: 0.98mg (6.53%), Vitamin B5: 0.61mg (6.08%), Vitamin K: 4.31µg (4.11%),
Vitamin B2: 0.07mg (4.01%), Folate: 14.55µg (3.64%), Vitamin A: 176.55IU (3.53%), Vitamin B12: 0.07µg (1.22%)