



## Plantation Shrimp Pilau

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



274 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 6 slices bacon
- 3 tablespoons butter
- 0.8 cup celery chopped
- 1 tablespoon flour all-purpose
- 0.3 cup bell pepper green chopped
- 0.5 teaspoon pepper
- 1 cup regular rice uncooked
- 1 teaspoon salt

- 3 cups shrimp deveined peeled
- 2 cups water
- 2 teaspoons worcestershire sauce

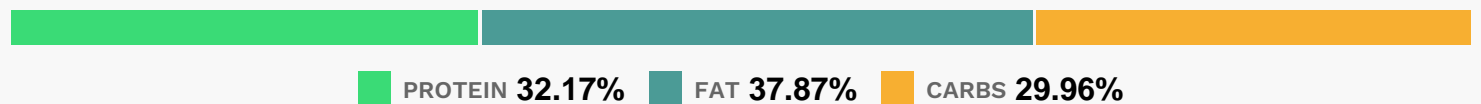
## Equipment

- frying pan
- sauce pan

## Directions

- Fry bacon in large skillet until crisp.
- Drain bacon, reserving 3 tablespoons drippings. Crumble bacon, and set aside.
- Combine water, salt, and drippings in a large saucepan. Bring to a boil; stir in rice. Reduce heat; cover and cook 20 minutes.
- Sprinkle shrimp with Worcestershire sauce; dredge in flour. Saut shrimp, celery, and green pepper in butter for 3 minutes. Cover and cook 2 minutes.
- Remove from heat, and stir into rice.
- Add salt, pepper, and reserved bacon, stirring well.
- Serve hot.

## Nutrition Facts



## Properties

Glycemic Index:26.27, Glycemic Load:11.72, Inflammation Score:-2, Nutrition Score:6.9347826527513%

## Flavonoids

Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

## Nutrients (% of daily need)

Calories: 273.51kcal (13.68%), Fat: 11.42g (17.57%), Saturated Fat: 3.21g (20.07%), Carbohydrates: 20.33g (6.78%), Net Carbohydrates: 19.74g (7.18%), Sugar: 0.42g (0.47%), Cholesterol: 153.73mg (51.24%), Sodium: 586.37mg

(25.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.83g (43.65%), Phosphorus: 246.74mg (24.67%), Copper: 0.43mg (21.34%), Manganese: 0.32mg (16.06%), Zinc: 1.67mg (11.14%), Magnesium: 41.69mg (10.42%), Selenium: 7.18µg (10.25%), Potassium: 343.18mg (9.81%), Calcium: 74.16mg (7.42%), Vitamin B3: 1.15mg (5.77%), Vitamin C: 4.24mg (5.14%), Vitamin A: 255.51IU (5.11%), Vitamin B1: 0.08mg (5.03%), Vitamin B6: 0.1mg (5.03%), Iron: 0.89mg (4.92%), Vitamin B5: 0.36mg (3.64%), Vitamin K: 3.36µg (3.2%), Vitamin B2: 0.04mg (2.36%), Fiber: 0.59g (2.35%), Vitamin E: 0.31mg (2.03%), Folate: 7.63µg (1.91%), Vitamin B12: 0.09µg (1.46%)