



Puerto Rican Shrimp & Rice (Asapao con Camarones)

 Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



40

CALORIES



41 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 14 oz canned tomatoes undrained canned
- 1 cup bell pepper green chopped
- 1 tsp each: ground allspice dried
- 3 slices oscar mayer ham smoked chopped
- 0.3 cup 1/4 cup kraft zesty italian dressing italian kraft
- 1 cup onions chopped
- 1 lb shrimp cleaned (26 to 30 count)

- 14 oz vegetable broth canned
- 0.5 cup water
- 1 cup rice white uncooked

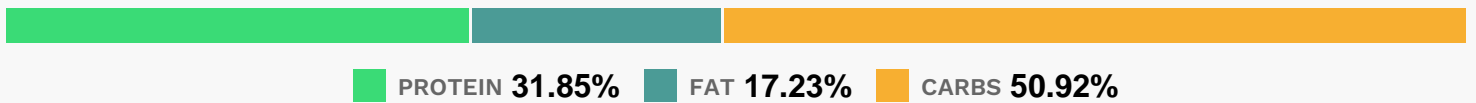
Equipment

- bowl
- frying pan

Directions

- Combine seasonings in medium bowl.
- Add shrimp; toss to coat.
- Heat dressing in large skillet on medium-high heat.
- Add shrimp; cook 5 min. or until shrimp turn pink and are browned on both sides, stirring frequently.
- Remove shrimp from skillet; keep warm.
- Add onions and rice to skillet; cook 5 min. or until onions are crisp-tender. Stir in broth and water; bring to boil. Cover; reduce heat to low. Simmer 15 min. or until rice is tender.
- Add tomatoes with their liquid, the peppers, ham and shrimp; stir. Cover. Cook 5 to 10 min. or until heated through.

Nutrition Facts



Properties

Glycemic Index:4.53, Glycemic Load:2.58, Inflammation Score:-1, Nutrition Score:1.8465217562473%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 41.3kcal (2.06%), Fat: 0.8g (1.23%), Saturated Fat: 0.2g (1.23%), Carbohydrates: 5.3g (1.77%), Net Carbohydrates: 4.9g (1.78%), Sugar: 0.94g (1.05%), Cholesterol: 19.56mg (6.52%), Sodium: 106.46mg (4.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.31g (6.62%), Vitamin C: 4.22mg (5.11%), Manganese: 0.08mg (4.18%), Copper: 0.08mg (3.98%), Phosphorus: 39.56mg (3.96%), Potassium: 84.5mg (2.41%), Vitamin B6: 0.04mg (2.23%), Magnesium: 8.53mg (2.13%), Zinc: 0.29mg (1.95%), Selenium: 1.3µg (1.85%), Vitamin B1: 0.03mg (1.84%), Fiber: 0.4g (1.6%), Vitamin K: 1.64µg (1.57%), Vitamin B3: 0.31mg (1.57%), Iron: 0.28mg (1.53%), Calcium: 13.96mg (1.4%), Vitamin E: 0.18mg (1.22%), Vitamin A: 56.86IU (1.14%)