



Quick Shrimp Creole

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

READY IN



50 min.

SERVINGS



6

CALORIES



249 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup celery chopped (2 ribs)
- 1 teaspoon creole seasoning
- 1 garlic clove minced
- 2 teaspoons hot sauce
- 1 tablespoon olive oil
- 1 small onion chopped
- 7 oz success rice white
- 1 pound shrimp fresh peeled

29 oz stewed tomatoes undrained canned

Equipment

food processor

frying pan

Directions

Prepare rice according to package directions; keep warm.

Pulse tomatoes in a food processor 3 to 4 times or until chopped.

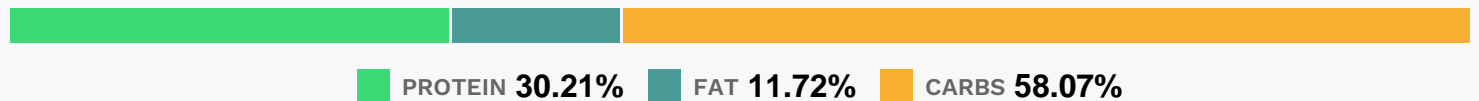
Saut green pepper, onion, and celery in hot oil in a large nonstick skillet 8 minutes or until tender.

Add garlic, and saut 1 minute. Stir in chopped tomatoes, hot sauce, and Creole seasoning. Bring to a boil; reduce heat, and simmer, uncovered, 20 minutes.

Stir in shrimp, cover, and simmer 3 minutes or just until shrimp turn pink.

Serve over hot cooked rice.

Nutrition Facts



Properties

Glycemic Index:30.36, Glycemic Load:16.27, Inflammation Score:-5, Nutrition Score:10.234347913576%

Flavonoids

Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.41mg, Quercetin: 2.41mg, Quercetin: 2.41mg, Quercetin: 2.41mg

Nutrients (% of daily need)

Calories: 249.03kcal (12.45%), Fat: 3.29g (5.06%), Saturated Fat: 0.51g (3.21%), Carbohydrates: 36.64g (12.21%), Net Carbohydrates: 34.4g (12.51%), Sugar: 5.53g (6.14%), Cholesterol: 121.71mg (40.57%), Sodium: 437.11mg (19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.07g (38.13%), Copper: 0.53mg (26.62%), Manganese: 0.5mg (25.25%), Phosphorus: 234.51mg (23.45%), Potassium: 570.83mg (16.31%), Vitamin C: 13.36mg (16.19%), Iron:

2.58mg (14.31%), Magnesium: 53.96mg (13.49%), Calcium: 111.81mg (11.18%), Zinc: 1.65mg (11.02%), Vitamin E: 1.64mg (10.91%), Fiber: 2.24g (8.95%), Selenium: 6.01µg (8.58%), Vitamin A: 414.61IU (8.29%), Vitamin B3: 1.58mg (7.92%), Vitamin K: 7.55µg (7.19%), Vitamin B1: 0.1mg (6.39%), Vitamin B6: 0.11mg (5.71%), Vitamin B5: 0.53mg (5.31%), Vitamin B2: 0.08mg (4.52%), Folate: 15.19µg (3.8%)