



## Quick Shrimp Skillet

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



30

CALORIES



58 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 4 slices oscar mayer bacon chopped
- 15 oz tomato sauce canned
- 1 tsp chili powder
- 2 cups rice hot cooked
- 2 cloves garlic minced
- 0.3 cup 1/4 cup kraft zesty italian dressing italian kraft
- 1 medium onion cut into 1/4-inch rings
- 2 jalapeño peppers seeded cut into strips

- 0.3 cup planters roasted peanuts dry chopped
- 1 lb shrimp cleaned peeled

## Equipment

- frying pan

## Directions

- Cook bacon in large skillet until crisp.
- Remove bacon from skillet; drain.
- Add dressing, onion, garlic and jalapeo pepper to skillet; cook 5 min.
- Add tomato sauce and chili powder; cook 5 min.
- Add shrimp; cook 5 to 8 min. or until shrimp are pink.
- Spoon shrimp mixture over rice.
- Sprinkle with bacon and peanuts before serving.

## Nutrition Facts

**PROTEIN 29.23%** **FAT 36.3%** **CARBS 34.47%**

## Properties

Glycemic Index:7.37, Glycemic Load:3.55, Inflammation Score:-2, Nutrition Score:2.6608695802481%

## Flavonoids

Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

## Nutrients (% of daily need)

Calories: 57.82kcal (2.89%), Fat: 2.38g (3.66%), Saturated Fat: 0.58g (3.64%), Carbohydrates: 5.08g (1.69%), Net Carbohydrates: 4.49g (1.63%), Sugar: 1.14g (1.26%), Cholesterol: 26.28mg (8.76%), Sodium: 131.17mg (5.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.31g (8.62%), Vitamin C: 7.71mg (9.35%), Manganese: 0.12mg (5.81%), Phosphorus: 52.99mg (5.3%), Copper: 0.1mg (4.89%), Potassium: 122.87mg (3.51%), Vitamin B6: 0.07mg (3.26%), Magnesium: 12.7mg (3.18%), Vitamin B3: 0.54mg (2.69%), Vitamin E: 0.39mg (2.6%), Zinc: 0.38mg (2.52%), Selenium: 1.69µg (2.41%), Vitamin A: 119.3IU (2.39%), Fiber: 0.59g (2.37%), Vitamin K: 2.19µg (2.09%), Iron: 0.33mg (1.81%), Calcium: 16.14mg (1.61%), Vitamin B1: 0.02mg (1.52%), Vitamin B5: 0.13mg (1.33%), Vitamin B2: 0.02mg

(1.16%), Folate: 4.33 $\mu$ g (1.08%)