



Rice with Chorizo and Shrimp(Aroz con Chorizo Y Camarones)

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



342 kcal

SIDE DISH

Ingredients

- 4.5 cups chicken stock see
- 0.3 cup cilantro leaves fresh
- 1 garlic clove minced
- 1 tablespoon oil
- 0.5 cup onion finely chopped
- 2 cups rice
- 6 servings salt and pepper

- 1 scallion finely chopped
- 12 shrimp deveined peeled
- 2 tomatoes chopped

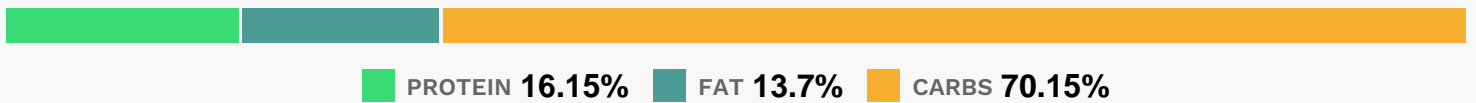
Equipment

- frying pan

Directions

- In a large pan over medium heat, add the oil and the chorizo. Sauté for 5 minutes or until the chorizo is brown.
- Remove and set aside.
- Add the onions, tomatoes, scallion and garlic to the pan and sauté for about 7 minutes or until translucent.
- Add the rice and stir to coat.
- Add the chicken stock, stir and bring to a boil.
- Add the chorizo and color. Reduce the heat, cover and cook for about 15 minutes.
- Add the shrimp and cook for about 15 minutes more. Turn the heat off and fluff the rice with fork.
- Add the fresh cilantro and stir. Cover and let sit for 5 minutes.

Nutrition Facts



Properties

Glycemic Index:36.7, Glycemic Load:30.45, Inflammation Score:-5, Nutrition Score:10.531304317972%

Flavonoids

Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.64mg, Quercetin: 3.64mg, Quercetin: 3.64mg, Quercetin: 3.64mg

Nutrients (% of daily need)

Calories: 341.81kcal (17.09%), Fat: 5.11g (7.86%), Saturated Fat: 0.9g (5.62%), Carbohydrates: 58.84g (19.61%), Net Carbohydrates: 57.23g (20.81%), Sugar: 4.62g (5.13%), Cholesterol: 37.6mg (12.53%), Sodium: 481.47mg (20.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.55g (27.1%), Manganese: 0.76mg (37.87%), Vitamin B3: 4.11mg (20.57%), Selenium: 13.43µg (19.19%), Phosphorus: 177.96mg (17.8%), Copper: 0.35mg (17.29%), Vitamin B6: 0.27mg (13.42%), Potassium: 441.55mg (12.62%), Vitamin K: 12.28µg (11.7%), Vitamin B2: 0.2mg (11.66%), Vitamin C: 7.74mg (9.38%), Magnesium: 36.22mg (9.06%), Zinc: 1.3mg (8.69%), Vitamin B1: 0.13mg (8.68%), Vitamin A: 427.16IU (8.54%), Vitamin B5: 0.69mg (6.88%), Iron: 1.17mg (6.5%), Fiber: 1.61g (6.43%), Folate: 24.46µg (6.12%), Vitamin E: 0.79mg (5.25%), Calcium: 45.69mg (4.57%)