



Rice with Shrimp (Arroz con Camarones)



Gluten Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



373 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 0.3 cup carrots frozen
- ☐ 1 fish bouillon tablet
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 garlic clove finely chopped
- ☐ 0.3 cup bell pepper green chopped
- ☐ 0.5 teaspoon ground cumin
- ☐ 2 tablespoons olive oil

- ☐ 2 tablespoons onion finely chopped
- ☐ 0.3 teaspoon paprika
- ☐ 0.3 cup bell pepper red chopped
- ☐ 1 cup rice
- ☐ 4 servings salt and pepper
- ☐ 1 scallion finely chopped
- ☐ 1 pound un-peeled shrimp fresh
- ☐ 1 medium tomatoes chopped
- ☐ 1 tablespoon tomato paste
- ☐ 3.5 cups water

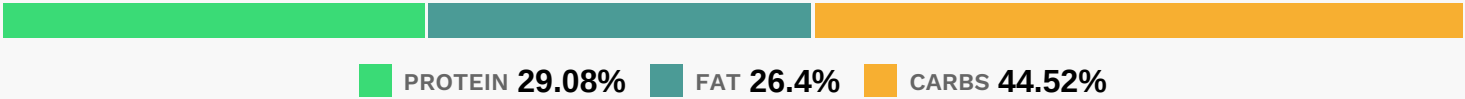
Equipment

- ☐ bowl
- ☐ pot
- ☐ sieve
- ☐ blender

Directions

- ☐ In a small pot place the un-peeled shrimp, fish bouillon tablet and water and cook for about 3 minutes or until the shrimp turns pink.
- ☐ Transfer the shrimp to a bowl. Peel and save the shells and the stock to use later.
- ☐ Heat the olive oil and butter in a medium pot over medium- high heat.
- ☐ Add the onions and cook for 1 minute, add the garlic, green pepper, Red pepper, scallions and tomato. Cook for about 10 minutes. Meanwhile, place the shrimp shells and stock in a blender and blend for 2 minutes. Pass through a sieve and discard the shells and save the stock.
- ☐ Add the rice to the tomato mixture, stirring until well coated.
- ☐ Add the stock, tomato paste, ground cumin, paprika, salt and black pepper and bring to a boil. Then reduce the heat to low, cover and simmer for 20 minutes.
- ☐ Add the shrimp, peas and carrots and cook for an additional 5 to 7 minutes.
- ☐ Add fresh parsley and serve.

Nutrition Facts



Properties

Glycemic Index:105.8, Glycemic Load:23.35, Inflammation Score:-7, Nutrition Score:13.716521645532%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg

Nutrients (% of daily need)

Calories: 373.37kcal (18.67%), Fat: 10.96g (16.86%), Saturated Fat: 3g (18.77%), Carbohydrates: 41.58g (13.86%), Net Carbohydrates: 39.63g (14.41%), Sugar: 2.51g (2.79%), Cholesterol: 190.22mg (63.41%), Sodium: 400.25mg (17.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.16g (54.32%), Vitamin C: 27.85mg (33.76%), Manganese: 0.66mg (33.04%), Vitamin K: 34.25µg (32.62%), Phosphorus: 320.65mg (32.06%), Copper: 0.63mg (31.75%), Vitamin A: 957.14IU (19.14%), Magnesium: 65.22mg (16.3%), Potassium: 549.6mg (15.7%), Zinc: 2.24mg (14.9%), Vitamin E: 1.76mg (11.73%), Calcium: 110.09mg (11.01%), Selenium: 7.56µg (10.8%), Vitamin B6: 0.19mg (9.45%), Iron: 1.67mg (9.27%), Fiber: 1.96g (7.82%), Vitamin B3: 1.31mg (6.54%), Vitamin B5: 0.58mg (5.81%), Folate: 20.94µg (5.23%), Vitamin B1: 0.07mg (4.71%), Vitamin B2: 0.06mg (3.62%)