



## Saucy Creole-Style Shrimp Skillet

 Gluten Free

READY IN



31 min.

SERVINGS



31

CALORIES



51 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 6 slices oscar mayer bacon chopped
- 14.5 oz canned tomatoes diced green drained canned
- 1 cup chicken broth
- 2 cups rice hot cooked
- 0.3 cup knudsen cream sour
- 1 large bell pepper green chopped
- 0.1 tsp ground pepper red (cayenne)
- 1 cup onions chopped

1 lb shrimp cleaned uncooked (26 to 30 count)

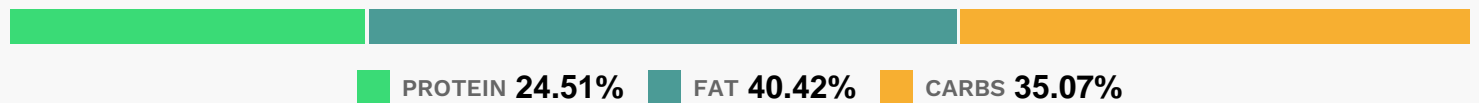
## Equipment

frying pan

## Directions

- Cook bacon and onions in large skillet on medium-high heat 10 min. or until bacon is crisp, stirring frequently.
- Add green peppers; cook an additional 3 min. or until peppers are crisp-tender, stirring occasionally.
- Stir in shrimp; cook 3 to 5 min. or until shrimp turn pink, stirring occasionally.
- Add tomatoes, broth and red pepper. Bring to boil. Reduce heat to medium-low; simmer 3 min. or until heated through.
- Serve over the rice. Top with sour cream.

## Nutrition Facts



## Properties

Glycemic Index:5.74, Glycemic Load:3.21, Inflammation Score:-1, Nutrition Score:2.5839130262966%

## Flavonoids

Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg

## Nutrients (% of daily need)

Calories: 50.92kcal (2.55%), Fat: 2.27g (3.5%), Saturated Fat: 0.79g (4.92%), Carbohydrates: 4.44g (1.48%), Net Carbohydrates: 4.09g (1.49%), Sugar: 0.76g (0.85%), Cholesterol: 22.49mg (7.5%), Sodium: 159.14mg (6.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.1g (6.21%), Selenium: 6.09µg (8.7%), Vitamin C: 5.89mg (7.14%), Phosphorus: 53.03mg (5.3%), Manganese: 0.08mg (4%), Vitamin B6: 0.08mg (3.9%), Vitamin B12: 0.19µg (3.15%), Vitamin B3: 0.62mg (3.08%), Copper: 0.05mg (2.58%), Vitamin E: 0.34mg (2.26%), Potassium: 74.08mg (2.12%), Vitamin B1: 0.03mg (2%), Magnesium: 7.73mg (1.93%), Zinc: 0.29mg (1.92%), Calcium: 17.15mg (1.71%), Vitamin A: 77.83IU (1.56%), Vitamin B2: 0.02mg (1.46%), Folate: 5.78µg (1.44%), Vitamin B5: 0.14mg (1.43%), Fiber:

0.35g (1.41%), Iron: 0.23mg (1.3%)