



Saucy Shrimp a la Diabla

 **Gluten Free**

READY IN



20 min.

SERVINGS



20

CALORIES



114 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 7 árbol chiles stemmed
- 8 oz tomato sauce canned
- 4 cups rice long-grain white hot cooked
- 0.5 cup knudsen cream sour
- 10 cloves garlic minced
- 2 green onions chopped
- 2 Tbsp a.1. original sauce
- 2 Tbsp oil divided

- 1 large onion chopped
- 2 lb shrimp deveined uncooked peeled

Equipment

- frying pan
- blender

Directions

- Blend first 3 ingredients in blender until smooth.
- Heat 1 Tbsp. oil in large skillet on medium heat.
- Add garlic and onions; cook 5 min. or until tender.
- Remove from skillet.
- Heat remaining oil in skillet on medium-high heat.
- Add shrimp, in 2 batches; cook and stir 3 min. or until pink.
- Remove from skillet; cover to keep warm. Return garlic, onions and shrimp to skillet; stir in sauce mixture. Bring to boil; simmer on low heat 3 min. or until heated through.
- Spoon over rice; serve topped with onions and sour cream.

Nutrition Facts



Properties

Glycemic Index:12.15, Glycemic Load:10.07, Inflammation Score:-2, Nutrition Score:3.8426086883182%

Flavonoids

Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg

Nutrients (% of daily need)

Calories: 114.13kcal (5.71%), Fat: 2.9g (4.46%), Saturated Fat: 0.76g (4.78%), Carbohydrates: 11.6g (3.87%), Net Carbohydrates: 11.06g (4.02%), Sugar: 1.39g (1.55%), Cholesterol: 76.42mg (25.47%), Sodium: 128.73mg (5.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.48g (20.95%), Phosphorus: 123.28mg (12.33%), Copper:

0.22mg (11.1%), Manganese: 0.22mg (10.75%), Magnesium: 23.46mg (5.87%), Zinc: 0.84mg (5.62%), Potassium: 195.22mg (5.58%), Calcium: 44.97mg (4.5%), Selenium: 2.91µg (4.16%), Vitamin K: 4.13µg (3.93%), Vitamin B6: 0.07mg (3.63%), Vitamin E: 0.46mg (3.05%), Vitamin A: 143.53IU (2.87%), Iron: 0.48mg (2.68%), Vitamin C: 2.15mg (2.6%), Fiber: 0.54g (2.15%), Vitamin B5: 0.2mg (1.98%), Vitamin B2: 0.03mg (1.64%), Vitamin B3: 0.28mg (1.42%), Vitamin B1: 0.02mg (1.16%), Folate: 4.64µg (1.16%)