



Savannah Red Rice and Shrimp Dressing



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



244 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14.5 ounce canned tomatoes diced undrained canned
- ☐ 2 ounces country ham chopped
- ☐ 0.3 cup bell pepper green chopped
- ☐ 1 cup brown rice instant
- ☐ 0.3 pound sausage italian hot
- ☐ 1 cup chicken broth low-sodium
- ☐ 0.5 cup onion chopped
- ☐ 1 pound shrimp fresh unpeeled

☐ 1 tablespoon tomato paste

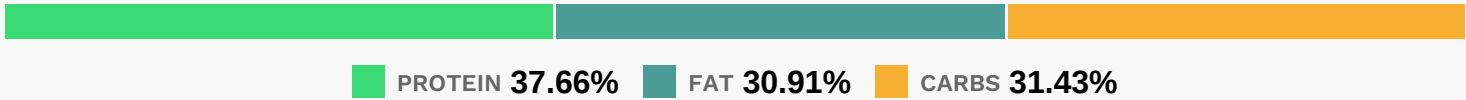
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ baking pan

Directions

- ☐ Peel shrimp; devein, if desired. Set aside.
- ☐ Remove and discard casings from sausage. Cook sausage in a large skillet, stirring until it crumbles and is no longer pink.
- ☐ Drain.
- ☐ Add country ham, onion, and bell pepper; cook, stirring constantly, 2 minutes.
- ☐ Add tomatoes, tomato paste, and broth. Bring to a boil; reduce heat, and simmer 10 minutes. Cool slightly.
- ☐ Process tomato mixture in a blender or food processor 15 seconds or until smooth, stopping once to scrape down sides.
- ☐ Combine rice and tomato mixture. Spoon into an 8- x 8-inch baking dish.
- ☐ Bake at 350, covered, for 25 minutes.
- ☐ Add shrimp, and bake, covered, 15 additional minutes or until rice is tender and shrimp turn pink.
- ☐ Note: In testing we used Uncle Ben's Instant Brown Rice.

Nutrition Facts



Properties

Glycemic Index:24.67, Glycemic Load:1.91, Inflammation Score:-4, Nutrition Score:12.009130413118%

Flavonoids

Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg

Nutrients (% of daily need)

Calories: 244.06kcal (12.2%), Fat: 8.49g (13.06%), Saturated Fat: 2.9g (18.14%), Carbohydrates: 19.43g (6.48%), Net Carbohydrates: 17.41g (6.33%), Sugar: 4.11g (4.57%), Cholesterol: 141.94mg (47.31%), Sodium: 465.74mg (20.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.27g (46.55%), Phosphorus: 266.8mg (26.68%), Copper: 0.51mg (25.42%), Vitamin B1: 0.36mg (23.97%), Selenium: 12.78µg (18.26%), Vitamin B3: 3.54mg (17.72%), Manganese: 0.34mg (16.83%), Potassium: 570.23mg (16.29%), Vitamin C: 13.24mg (16.05%), Iron: 2.7mg (15.02%), Zinc: 2.05mg (13.65%), Folate: 53.59µg (13.4%), Vitamin B6: 0.25mg (12.62%), Magnesium: 50.08mg (12.52%), Calcium: 85.11mg (8.51%), Fiber: 2.02g (8.06%), Vitamin E: 1.04mg (6.91%), Vitamin B2: 0.11mg (6.68%), Vitamin B12: 0.27µg (4.53%), Vitamin K: 4.46µg (4.25%), Vitamin A: 211.2IU (4.22%), Vitamin B5: 0.42mg (4.18%)