



Seafood and Vegetables with Rice



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



329 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 oz mushrooms fresh sliced (3 cups)
- ☐ 1.8 cups chicken broth (from 32-oz carton)
- ☐ 3 plum tomatoes sliced cut into fourths, (1 1/2 cups) (Roma)
- ☐ 0.5 cup roasted peppers red drained sliced (from 7-oz jar)
- ☐ 0.5 lb shrimp frozen thawed deveined uncooked peeled
- ☐ 0.5 lb filets cubed
- ☐ 6 oz bay scallops
- ☐ 0.5 cup chicken broth

- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon hot sauce red
- ☐ 2 cups rice instant uncooked ()
- ☐ 0.3 cup cilantro leaves fresh chopped

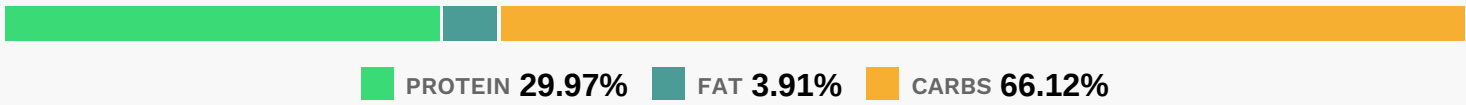
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ In 3-quart saucepan, heat mushrooms and broth to boiling. Stir in remaining ingredients except rice and cilantro.
- ☐ Heat to boiling; reduce heat. Cover and simmer 5 to 7 minutes or until shrimp are pink and firm.
- ☐ Meanwhile, cook rice as directed on package. Stir cilantro into seafood mixture.
- ☐ Serve in bowls over rice.

Nutrition Facts



Properties

Glycemic Index:27.2, Glycemic Load:30.27, Inflammation Score:-5, Nutrition Score:14.437825835269%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 329.22kcal (16.46%), Fat: 1.41g (2.16%), Saturated Fat: 0.28g (1.75%), Carbohydrates: 53.51g (17.84%), Net Carbohydrates: 51.8g (18.84%), Sugar: 2.02g (2.25%), Cholesterol: 85.68mg (28.56%), Sodium: 868.21mg (37.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.26g (48.52%), Selenium: 29.36µg (41.94%), Manganese: 0.81mg (40.48%), Phosphorus: 369.37mg (36.94%), Copper: 0.47mg (23.46%), Vitamin B3: 3.78mg (18.9%), Potassium: 615.26mg (17.58%), Vitamin B2: 0.27mg (16.09%), Vitamin B6: 0.3mg (15.03%), Magnesium: 56.14mg

(14.04%), Vitamin B5: 1.35mg (13.54%), Vitamin C: 11.15mg (13.51%), Zinc: 1.94mg (12.95%), Vitamin B12: 0.78µg (12.94%), Vitamin B1: 0.14mg (9.19%), Iron: 1.38mg (7.68%), Vitamin A: 381.89IU (7.64%), Fiber: 1.71g (6.84%), Folate: 25.48µg (6.37%), Calcium: 62.33mg (6.23%), Vitamin K: 4.62µg (4.4%), Vitamin E: 0.53mg (3.55%), Vitamin D: 0.42µg (2.77%)