



Shrimp and Collards

 Dairy Free

READY IN



48 min.

SERVINGS



4

CALORIES



795 kcal

SIDE DISH

Ingredients

- ☐ 8 slices bacon
- ☐ 1 teaspoon soup base jarred ham-flavored
- ☐ 14 oz chicken broth canned
- ☐ 16 oz collard greens frozen thawed chopped
- ☐ 1.3 cups couscous uncooked
- ☐ 3 tablespoons olive oil divided
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 1 pound shrimp raw unpeeled

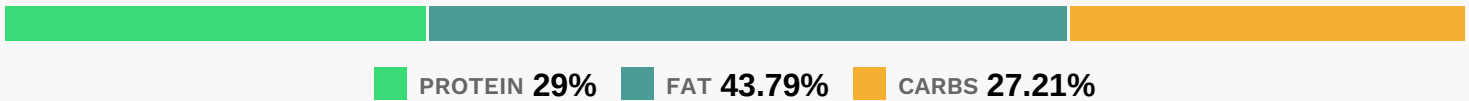
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan

Directions

- ☐ Peel shrimp; devein, if desired.
- ☐ Cook bacon in a large skillet over medium-high heat 8 to 10 minutes or until crisp; remove bacon, and drain on paper towels, reserving 1 Tbsp. drippings in skillet. Crumble bacon.
- ☐ Bring chicken broth and 1 Tbsp. olive oil to a boil in a large saucepan over medium-high heat.
- ☐ Remove from heat, and stir in couscous; cover and let stand 4 minutes.
- ☐ Meanwhile, sprinkle shrimp with pepper.
- ☐ Heat remaining 2 Tbsp. olive oil and reserved drippings over medium-high heat; add shrimp, collards, and soup base, and cook, stirring occasionally, 5 to 8 minutes or just until shrimp turn pink.
- ☐ Fluff couscous with a fork. Stir couscous and crumbled bacon into shrimp mixture in skillet.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:24.25, Glycemic Load:27.16, Inflammation Score:-10, Nutrition Score:39.762609056804%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 9.91mg, Kaempferol: 9.91mg, Kaempferol: 9.91mg, Kaempferol: 9.91mg Quercetin: 2.91mg, Quercetin: 2.91mg, Quercetin: 2.91mg, Quercetin: 2.91mg

Nutrients (% of daily need)

Calories: 794.65kcal (39.73%), Fat: 38.23g (58.82%), Saturated Fat: 9.8g (61.27%), Carbohydrates: 53.45g (17.82%), Net Carbohydrates: 46g (16.73%), Sugar: 0.6g (0.66%), Cholesterol: 221.55mg (73.85%), Sodium: 1556.65mg

(67.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 56.97g (113.94%), Vitamin K: 504.7µg (480.66%), Vitamin A: 6088.16IU (121.76%), Selenium: 62.29µg (88.98%), Manganese: 1.25mg (62.58%), Phosphorus: 619.57mg (61.96%), Vitamin C: 40.03mg (48.52%), Folate: 181.53µg (45.38%), Vitamin B3: 9.04mg (45.2%), Vitamin B12: 2.48µg (41.27%), Vitamin E: 6.08mg (40.53%), Vitamin B6: 0.74mg (37%), Calcium: 355.21mg (35.52%), Zinc: 4.82mg (32.13%), Fiber: 7.45g (29.8%), Magnesium: 105.53mg (26.38%), Copper: 0.47mg (23.54%), Vitamin B2: 0.35mg (20.34%), Potassium: 708.12mg (20.23%), Vitamin B1: 0.3mg (20.03%), Iron: 2.95mg (16.37%), Vitamin B5: 1.62mg (16.19%), Vitamin D: 0.39µg (2.59%)