



Shrimp and Pea Rice Bowl

 Dairy Free

READY IN



20 min.

SERVINGS



3

CALORIES



558 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8.8 ounce precooked brown rice (such as Uncle Ben's)
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 2 tablespoons flat-leaf parsley fresh chopped
- ☐ 3 garlic cloves minced
- ☐ 0.3 teaspoon ground turmeric
- ☐ 0.8 teaspoon kosher salt
- ☐ 1 tablespoon olive oil
- ☐ 0.7 cup peas green frozen

- ☐ 8 ounces shrimp deveined peeled
- ☐ 0.3 cup water
- ☐ 1 tablespoon citrus champagne vinegar
- ☐ 3 servings wheat rolls with orange butter

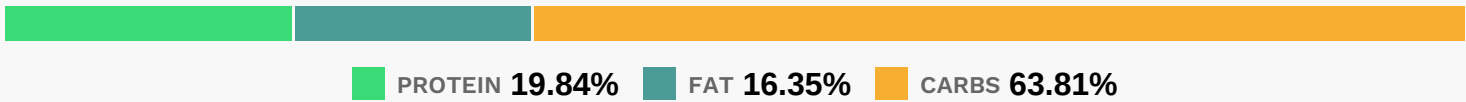
Equipment

- ☐ frying pan

Directions

- ☐ Heat rice according to directions.
- ☐ Heat oil in a large skillet over medium-high heat.
- ☐ Add shrimp; saut 2 minutes.
- ☐ Add garlic; saut 1 minute or until shrimp are done.
- ☐ Remove mixture from pan. Bring water to a simmer.
- ☐ Add peas; cover and cook 2 minutes or until done. Stir in rice, shrimp, vinegar, salt, pepper, and turmeric; cook 1 minute or until heated.
- ☐ Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:56.69, Glycemic Load:37.1, Inflammation Score:-9, Nutrition Score:26.167825992341%

Flavonoids

Apigenin: 5.75mg, Apigenin: 5.75mg, Apigenin: 5.75mg, Apigenin: 5.75mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 558.44kcal (27.92%), Fat: 10.19g (15.67%), Saturated Fat: 1.83g (11.44%), Carbohydrates: 89.42g (29.81%), Net Carbohydrates: 82.8g (30.11%), Sugar: 4.71g (5.23%), Cholesterol: 121.71mg (40.57%), Sodium: 888.65mg

(38.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.81g (55.61%), Manganese: 3.8mg (190.03%), Vitamin K: 56.18µg (53.5%), Phosphorus: 478.5mg (47.85%), Magnesium: 178.88mg (44.72%), Vitamin B1: 0.65mg (43.1%), Copper: 0.7mg (34.98%), Vitamin B3: 6.35mg (31.76%), Vitamin B6: 0.57mg (28.26%), Fiber: 6.62g (26.47%), Iron: 4.51mg (25.05%), Zinc: 3.65mg (24.32%), Folate: 91.78µg (22.95%), Selenium: 15.36µg (21.95%), Vitamin C: 17.44mg (21.14%), Potassium: 609.45mg (17.41%), Vitamin B5: 1.53mg (15.26%), Calcium: 137.89mg (13.79%), Vitamin B2: 0.23mg (13.27%), Vitamin A: 520.83IU (10.42%), Vitamin E: 0.84mg (5.58%)