



Shrimp and Sausage Pilau

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



8

CALORIES



477 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 slices bacon
- 32 ounce chicken broth
- 2 garlic cloves minced
- 2 medium onions chopped
- 0.5 teaspoon pepper freshly ground
- 2 cups rice long-grain uncooked
- 0.5 teaspoon salt
- 16 ounce kielbasa sausage cut into 1-inch lengths

1 pound shrimp fresh unpeeled

Equipment

frying pan

paper towels

dutch oven

Directions

Peel shrimp, leaving 6 or 8 with tails on; devein, if desired.

Cook bacon in a large Dutch oven until crisp; remove bacon, reserving 2 tablespoons drippings in pan.

Drain bacon on paper towels; crumble and set aside.

Saut 6 to 8 shrimp with tails on in hot bacon drippings for 3 minutes or until shrimp turn pink.

Remove from Dutch oven; set aside.

Add onion and garlic; saut 5 minutes or until tender.

Add sausage, and cook 5 minutes or until sausage is browned.

Add rice, and cook, stirring constantly, 3 to 4 minutes or until rice is coated with oil.

Stir in 2 cups chicken broth, salt, and pepper; bring to a boil, stirring constantly. Cover, reduce heat, and simmer 10 minutes.

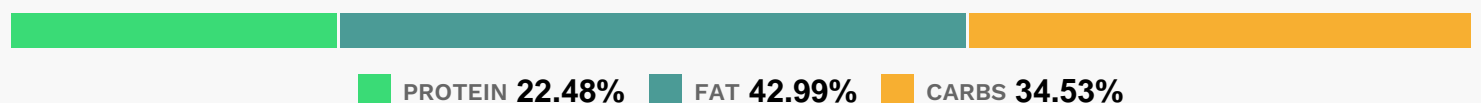
Add 1 cup broth, and cook, covered, 15 minutes, adding additional broth if necessary.

Arrange uncooked shrimp evenly over rice mixture in Dutch oven. Cover and cook 5 minutes; toss gently. Top with reserved shrimp with tails.

Remove from heat; cover, and let stand for 5 minutes.

Sprinkle with bacon.

Nutrition Facts



Properties

Glycemic Index:22.27, Glycemic Load:22.91, Inflammation Score:-2, Nutrition Score:11.338695699754%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg

Nutrients (% of daily need)

Calories: 477.41kcal (23.87%), Fat: 22.46g (34.55%), Saturated Fat: 7.35g (45.94%), Carbohydrates: 40.58g (13.53%), Net Carbohydrates: 39.47g (14.35%), Sugar: 1.72g (1.91%), Cholesterol: 145.27mg (48.42%), Sodium: 1106.92mg (48.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.42g (52.84%), Manganese: 0.64mg (32.15%), Phosphorus: 288.68mg (28.87%), Vitamin B3: 4.36mg (21.79%), Copper: 0.4mg (19.98%), Zinc: 2.83mg (18.84%), Vitamin B1: 0.27mg (18.13%), Vitamin B6: 0.34mg (16.8%), Selenium: 11µg (15.72%), Potassium: 441.42mg (12.61%), Magnesium: 45.61mg (11.4%), Vitamin B2: 0.18mg (10.62%), Vitamin B5: 0.99mg (9.91%), Vitamin B12: 0.59µg (9.79%), Iron: 1.53mg (8.47%), Calcium: 68.03mg (6.8%), Vitamin D: 0.8µg (5.35%), Fiber: 1.12g (4.46%), Vitamin C: 2.67mg (3.23%), Folate: 9.54µg (2.38%), Vitamin E: 0.28mg (1.88%), Vitamin A: 52.2IU (1.04%)