



Shrimp-and-Sausage Stew

READY IN

ready

60 min.

SERVINGS

servings

30

CALORIES

calories

117 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 pound andouille sausage cut into 1-inch rounds
- ☐ 10 ounce baby lima beans fresh frozen thawed
- ☐ 0.5 teaspoon cayenne pepper
- ☐ 1 large rib celery finely chopped (large)
- ☐ 1 cup bottled clam juice
- ☐ 0.3 cup flat-leaf parsley chopped
- ☐ 8 cloves garlic minced
- ☐ 0.5 bell pepper green chopped
- ☐ 1 cup chicken stock see low-sodium

- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 medium onion finely chopped (medium)
- ☐ 2 pounds shell-on shrimp (large)
- ☐ 6 cups tomatoes chopped

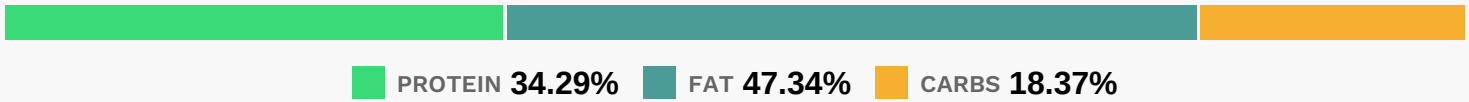
Equipment

- ☐ frying pan
- ☐ slotted spoon

Directions

- ☐ In a large, deep skillet, heat the oil.
- ☐ Add the sausage and cook over moderately high heat, stirring, until lightly browned, 5 minutes. Using a slotted spoon, transfer to a plate.
- ☐ Add the onion, celery and green pepper to the skillet and cook over moderate heat, stirring frequently, until softened, about 5 minutes.
- ☐ Add the garlic and cayenne and cook for 1 minute.
- ☐ Add the tomatoes and cook, stirring, until their liquid is nearly evaporated, about 5 minutes.
- ☐ Add the stock and clam juice and bring to a boil. Scatter the sausage, lima beans and half of the parsley on top.
- ☐ Add the shrimp, cover tightly and simmer, stirring occasionally, for 15 minutes, until the shrimp are pink and cooked through.
- ☐ Let the stew rest for 5 minutes, then sprinkle with the remaining parsley and serve.

Nutrition Facts



Properties

Glycemic Index:6.7, Glycemic Load:0.47, Inflammation Score:-3, Nutrition Score:5.2756521649983%

Flavonoids

Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg

Nutrients (% of daily need)

Calories: 116.98kcal (5.85%), Fat: 6.25g (9.62%), Saturated Fat: 1.65g (10.32%), Carbohydrates: 5.46g (1.82%), Net Carbohydrates: 4.36g (1.59%), Sugar: 1.44g (1.6%), Cholesterol: 61.69mg (20.56%), Sodium: 197.07mg (8.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.19g (20.37%), Vitamin K: 11.85µg (11.29%), Phosphorus: 110.53mg (11.05%), Vitamin C: 8.07mg (9.78%), Copper: 0.17mg (8.55%), Potassium: 274.24mg (7.84%), Vitamin A: 347.67IU (6.95%), Manganese: 0.14mg (6.78%), Vitamin B3: 1.35mg (6.77%), Zinc: 0.92mg (6.16%), Magnesium: 22.55mg (5.64%), Selenium: 3.5µg (4.99%), Vitamin B6: 0.09mg (4.7%), Vitamin B1: 0.07mg (4.47%), Fiber: 1.1g (4.38%), Iron: 0.73mg (4.05%), Vitamin E: 0.59mg (3.92%), Calcium: 31.21mg (3.12%), Vitamin B2: 0.05mg (2.7%), Vitamin B12: 0.16µg (2.64%), Folate: 9.62µg (2.41%), Vitamin B5: 0.17mg (1.74%), Vitamin D: 0.21µg (1.41%)