



Shrimp Courtbouillon with Rice

READY IN



120 min.

SERVINGS



10

CALORIES



164 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb frangelico whole canned
- 0.3 teaspoon ground pepper to taste
- 5 cups fish stock white
- 0.3 cup flour all-purpose
- 2 garlic clove minced
- 0.8 cup bell pepper green finely chopped ()
- 1 cup onion finely chopped (1 medium)
- 2.3 teaspoons salt
- 1.5 cups spring onion thinly sliced (from 2 bunches)

- 1.3 lb shrimp (peeled per lb), , reserving shells
- 2.5 tablespoons butter (unsalted)
- 2.3 cups water
- 0.7 cup rice (long-grain white)

Equipment

- bowl
- frying pan
- sauce pan
- ladle
- pot
- sieve

Directions

- Drain tomatoes, reserving juice, and finely chop. Bring stock and shrimp shells to a boil in a 3-quart saucepan, then simmer, partially covered, 15 minutes.
- Pour stock through a sieve into a bowl, discarding shells. (Stock will appear cloudy.) Devein shrimp, then halve lengthwise and toss with 1/2 teaspoon salt in a bowl. Chill shrimp, covered, until ready to use.
- Melt butter in a 6- to 7-quart heavy pot over moderately low heat, then add flour and cook roux, stirring constantly, until the color of peanut butter, 10 to 15 minutes.
- Add onion, bell pepper, and garlic and cook, stirring occasionally, until bell pepper is softened, 3 to 5 minutes. Stir in tomatoes with juice, stock, 1 cup water, 1 1/2 teaspoons salt, and cayenne and bring to a boil, stirring frequently. Reduce heat and simmer court bouillon, partially covered, 30 minutes.
- While courtbouillon simmers, bring remaining 1 1/4 cups water to a boil in a 1- to 1 1/2-quart heavy saucepan.
- Add rice and remaining 1/4 teaspoon salt and return to a boil. Cover pan, then reduce heat to low and cook until water is absorbed and rice is tender, about 15 minutes.
- Let stand, covered, 5 minutes, then fluff with a fork.

Add shrimp to courtbouillon and simmer, uncovered, stirring occasionally, until shrimp are just cooked through, about 2 minutes. Stir in scallion greens.

Divide rice among soup plates, then ladle in courtbouillon with shrimp.

Nutrition Facts

PROTEIN 38.34% **FAT 22.3%** **CARBS 39.36%**

Properties

Glycemic Index:26.72, Glycemic Load:8.31, Inflammation Score:-5, Nutrition Score:8.3391304728778%

Flavonoids

Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.11mg, Quercetin: 5.11mg, Quercetin: 5.11mg

Nutrients (% of daily need)

Calories: 163.69kcal (8.18%), Fat: 4.05g (6.23%), Saturated Fat: 2.06g (12.9%), Carbohydrates: 16.08g (5.36%), Net Carbohydrates: 14.95g (5.44%), Sugar: 1.44g (1.6%), Cholesterol: 98.81mg (32.94%), Sodium: 985.88mg (42.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.66g (31.32%), Vitamin K: 32.5µg (30.95%), Phosphorus: 189.82mg (18.98%), Copper: 0.35mg (17.65%), Vitamin C: 13.21mg (16.02%), Manganese: 0.25mg (12.25%), Vitamin B3: 2.21mg (11.07%), Potassium: 360.81mg (10.31%), Calcium: 96.33mg (9.63%), Magnesium: 31.39mg (7.85%), Zinc: 1.16mg (7.71%), Folate: 25.52µg (6.38%), Iron: 1.11mg (6.15%), Vitamin A: 304.42IU (6.09%), Selenium: 4.07µg (5.82%), Vitamin B6: 0.1mg (4.8%), Vitamin B2: 0.08mg (4.7%), Fiber: 1.12g (4.49%), Vitamin B1: 0.06mg (3.78%), Vitamin E: 0.42mg (2.81%), Vitamin B12: 0.13µg (2.13%), Vitamin B5: 0.19mg (1.88%)