



Shrimp Couscous with Seafood Broth

READY IN



45 min.

SERVINGS



6

CALORIES



316 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup carrots chopped
- ☐ 0.5 cup celery chopped
- ☐ 1 cup couscous uncooked
- ☐ 1 cup cooking wine dry white
- ☐ 4 garlic cloves chopped
- ☐ 1 tablespoon olive oil
- ☐ 1.3 cups onion chopped
- ☐ 0.1 teaspoon pepper
- ☐ 1 cup bell pepper diced red

- ☐ 1.5 pounds shrimp unpeeled
- ☐ 0.5 teaspoon salt
- ☐ 6 cups tomatoes coarsely chopped
- ☐ 1 tablespoon tomato paste
- ☐ 1 teaspoon butter unsalted
- ☐ 4 cups water
- ☐ 1 cup bell pepper diced yellow
- ☐ 0.5 cup baby squash diced yellow
- ☐ 0.5 cup zucchini diced
- ☐ 1 teaspoon or dried fresh chopped

Equipment

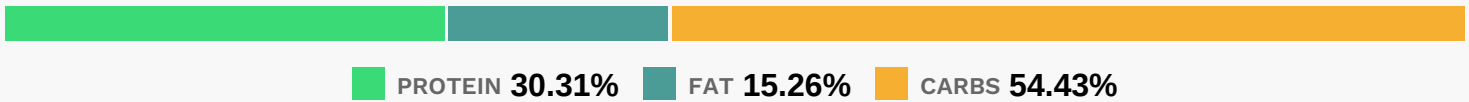
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ sieve
- ☐ blender
- ☐ dutch oven

Directions

- ☐ Peel shrimp, reserving shells, and set shrimp aside.
- ☐ Melt 1 teaspoon butter in a large Dutch oven over medium heat.
- ☐ Add reserved shrimp shells, onion, celery, carrot, thyme, and garlic; saut 3 minutes.
- ☐ Add tomato, water, wine, and tomato paste; bring to a boil. Reduce heat, and simmer, uncovered, 35 minutes.
- ☐ Place half of seafood broth in a blender, and process until smooth. Strain pureed seafood broth through a sieve into a bowl; discard solids. Repeat process with remaining seafood broth.
- ☐ Combine 1 cup seafood broth, 1 teaspoon butter, salt, and pepper in a medium saucepan, and bring to a boil; gradually stir in couscous.

- ☐
- Remove from heat; cover and let stand 5 minutes. Fluff with a fork before serving.
- ☐
- Heat oil in a large nonstick skillet over medium–high heat.
- ☐
- Add shrimp, and saut 1 minute.
- ☐
- Add bell peppers, squash, and zucchini; saut 3 minutes. Stir in couscous and an additional 1 1/2 cups seafood broth; cook 1 minute.
- ☐
- Note: Store remaining seafood broth in an airtight container in refrigerator for up to 1 week, or freeze for up to three months.

Nutrition Facts



Properties

Glycemic Index:68.31, Glycemic Load:17.03, Inflammation Score:-10, Nutrition Score:25.763913188292%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 1.17mg, Naringenin: 1.17mg, Naringenin: 1.17mg, Naringenin: 1.17mg Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Isorhamnetin: 1.78mg, Isorhamnetin: 1.78mg, Isorhamnetin: 1.78mg, Isorhamnetin: 1.78mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 8.56mg, Quercetin: 8.56mg, Quercetin: 8.56mg, Quercetin: 8.56mg

Nutrients (% of daily need)

Calories: 315.62kcal (15.78%), Fat: 4.92g (7.56%), Saturated Fat: 1.02g (6.38%), Carbohydrates: 39.45g (13.15%), Net Carbohydrates: 34.11g (12.4%), Sugar: 8.12g (9.02%), Cholesterol: 144.67mg (48.22%), Sodium: 893.06mg (38.83%), Alcohol: 4.12g (100%), Alcohol %: 0.85% (100%), Protein: 21.97g (43.94%), Vitamin C: 105.82mg (128.27%), Vitamin A: 3606.7IU (72.13%), Selenium: 34.41µg (49.15%), Phosphorus: 409.28mg (40.93%), Manganese: 0.69mg (34.56%), Vitamin B6: 0.6mg (29.76%), Potassium: 848mg (24.23%), Vitamin B3: 4.75mg (23.75%), Copper: 0.47mg (23.57%), Vitamin E: 3.28mg (21.86%), Vitamin K: 22.49µg (21.42%), Fiber: 5.34g (21.37%), Folate: 85.16µg (21.29%), Vitamin B12: 1.26µg (21%), Magnesium: 76.44mg (19.11%), Zinc: 1.96mg (13.08%), Vitamin B1: 0.19mg (12.38%), Calcium: 121.07mg (12.11%), Vitamin B5: 1.12mg (11.18%), Iron: 1.8mg (10.02%), Vitamin B2: 0.15mg (8.83%)