



Shrimp Creole

 Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



882 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 lb shells frozen thawed uncooked
- ☐ 0.3 cup butter
- ☐ 1.5 cups onion chopped
- ☐ 2 cups bell pepper green finely chopped
- ☐ 1 cup celery stalks finely chopped
- ☐ 2 cloves garlic finely chopped
- ☐ 1 cup water
- ☐ 2 teaspoons parsley fresh chopped

- ☐ 1.5 teaspoons salt
- ☐ 0.3 teaspoon ground pepper red (cayenne)
- ☐ 2 bay leaves dried
- ☐ 15 oz tomato sauce canned
- ☐ 6 cups rice hot cooked

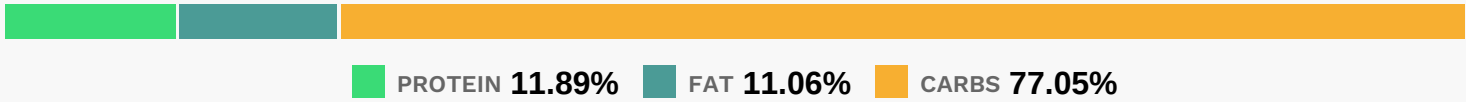
Equipment

- ☐ sauce pan

Directions

- ☐ Peel shrimp. Make a shallow cut lengthwise down back of each shrimp; wash out vein. Cover and refrigerate.
- ☐ In 3-quart saucepan, melt butter over medium heat. Cook onions, bell peppers, celery and garlic in butter about 10 minutes, stirring occasionally, until onions are tender.
- ☐ Stir in remaining ingredients except rice and shrimp.
- ☐ Heat to boiling; reduce heat to low. Simmer uncovered 10 minutes.
- ☐ Stir in shrimp.
- ☐ Heat to boiling; reduce heat to medium. Cover and cook 4 to 6 minutes, stirring occasionally, until shrimp are pink and firm.
- ☐ Remove bay leaves.
- ☐ Serve shrimp mixture over rice.

Nutrition Facts



Properties

Glycemic Index:59.83, Glycemic Load:95.57, Inflammation Score:-8, Nutrition Score:27.034782499075%

Flavonoids

Apigenin: 0.56mg, Apigenin: 0.56mg, Apigenin: 0.56mg, Apigenin: 0.56mg Luteolin: 2.52mg, Luteolin: 2.52mg, Luteolin: 2.52mg, Luteolin: 2.52mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg

Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 9.3mg, Quercetin: 9.3mg, Quercetin: 9.3mg, Quercetin: 9.3mg

Nutrients (% of daily need)

Calories: 881.52kcal (44.08%), Fat: 10.73g (16.5%), Saturated Fat: 2.21g (13.79%), Carbohydrates: 168.2g (56.07%), Net Carbohydrates: 159.82g (58.12%), Sugar: 9.77g (10.86%), Cholesterol: 0mg (0%), Sodium: 1035.91mg (45.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.96g (51.92%), Selenium: 108.25µg (154.64%), Manganese: 2.36mg (118.01%), Vitamin C: 48.83mg (59.19%), Phosphorus: 402.42mg (40.24%), Copper: 0.69mg (34.6%), Fiber: 8.38g (33.52%), Vitamin B6: 0.62mg (30.94%), Magnesium: 121.67mg (30.42%), Potassium: 802.19mg (22.92%), Zinc: 3.24mg (21.58%), Vitamin B3: 4.26mg (21.3%), Vitamin A: 944.99IU (18.9%), Iron: 3.29mg (18.3%), Vitamin B5: 1.64mg (16.41%), Vitamin B1: 0.24mg (15.88%), Folate: 57.28µg (14.32%), Vitamin E: 1.81mg (12.04%), Vitamin B2: 0.2mg (11.6%), Vitamin K: 11.53µg (10.98%), Calcium: 85.01mg (8.5%)