



## Shrimp Creole Bake

 **Gluten Free**

READY IN



**105 min.**

SERVINGS



**8**

CALORIES



**272 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 2 tablespoons butter
- ☐ 16 ounce canned tomatoes whole crushed peeled canned
- ☐ 5 carrots sliced
- ☐ 1.5 cups celery diced
- ☐ 2 teaspoons chili powder
- ☐ 1 bell pepper diced green
- ☐ 2 cups mushrooms sliced
- ☐ 2 onions diced

- ☐ 4 ounce pimento peppers chopped
- ☐ 1.5 pounds shrimp deveined cooked peeled
- ☐ 15 ounce seasoned tomato sauce canned
- ☐ 2 cups water
- ☐ 1.3 cups rice white uncooked
- ☐ 1 zucchini sliced

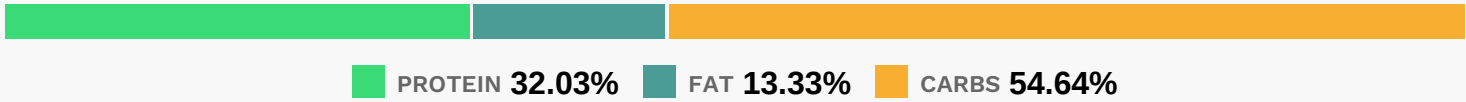
## Equipment

- ☐ sauce pan
- ☐ oven
- ☐ casserole dish

## Directions

- ☐ In a saucepan bring salted water to a boil.
- ☐ Add rice, reduce heat, cover and simmer for 20 minutes.
- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Saute the mushrooms, carrots, onions, green pepper, celery, and zucchini in butter until tender.
- ☐ Add all the tomatoes, tomato sauce, pimientos, and shrimp. Stir in rice and chili powder.
- ☐ Pour mixture into a 9x13 inch casserole dish.
- ☐ Bake at 350 degrees F (175 degrees C) for 1 hour.

## Nutrition Facts



## Properties

Glycemic Index:45.5, Glycemic Load:17.23, Inflammation Score:-10, Nutrition Score:20.867826049742%

## Flavonoids

Apigenin: 0.55mg, Apigenin: 0.55mg, Apigenin: 0.55mg, Apigenin: 0.55mg Luteolin: 0.96mg, Luteolin: 0.96mg, Luteolin: 0.96mg, Luteolin: 0.96mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.51mg, Quercetin: 6.51mg, Quercetin: 6.51mg, Quercetin: 6.51mg

Nutrients (% of daily need)

Calories: 272.37kcal (13.62%), Fat: 4.16g (6.39%), Saturated Fat: 2.06g (12.89%), Carbohydrates: 38.35g (12.78%), Net Carbohydrates: 33.54g (12.2%), Sugar: 8.46g (9.4%), Cholesterol: 144.45mg (48.15%), Sodium: 517.92mg (22.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.48g (44.96%), Vitamin A: 7467.33IU (149.35%), Vitamin C: 45.46mg (55.1%), Copper: 0.65mg (32.65%), Manganese: 0.65mg (32.35%), Phosphorus: 304.48mg (30.45%), Potassium: 937.87mg (26.8%), Vitamin B6: 0.41mg (20.41%), Fiber: 4.82g (19.26%), Magnesium: 71.07mg (17.77%), Vitamin K: 18.23µg (17.36%), Vitamin B3: 3.07mg (15.37%), Vitamin B2: 0.26mg (15.3%), Iron: 2.58mg (14.36%), Zinc: 2.1mg (14%), Vitamin E: 1.97mg (13.13%), Calcium: 125.41mg (12.54%), Vitamin B5: 1.14mg (11.42%), Folate: 43.6µg (10.9%), Selenium: 7.44µg (10.63%), Vitamin B1: 0.14mg (9.58%)