



SHRIMP CREOLE (CAMARONES A LA CRIOLLA)

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



488 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 1 tablespoon butter
- ☐ 2 cans coconut milk
- ☐ 0.3 cup cilantro leaves chopped
- ☐ 1 garlic clove minced
- ☐ 0.3 teaspoon ground cumin
- ☐ 6 servings ground pepper fresh

- ☐ 0.3 cup onions chopped
- ☐ 0.3 cup parsley chopped
- ☐ 0.3 cup bell pepper red chopped
- ☐ 6 servings salt
- ☐ 2 pounds shrimp deveined peeled
- ☐ 2 cups tomatoes chopped
- ☐ 1 tablespoon vegetable oil

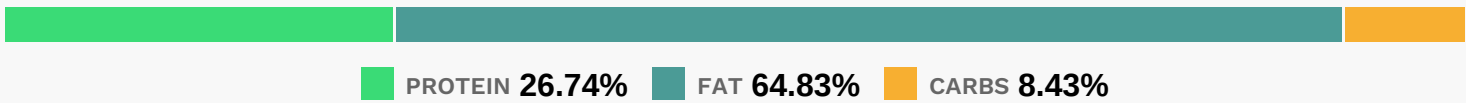
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ pot

Directions

- ☐ In a large pot, bring water to a boil. Turn off the heat, add the shrimp and cover. Leave the shrimp in the hot water for 1 minute, drain and set aside.In a large saucepan over medium heat, melt the butter and vegetable oil.
- ☐ Add the onions, tomato, red pepper, garlic, ground cumin, salt and pepper. Cook about 10 minutes, stirring occasionally.
- ☐ Add the coconut milk to the saucepan, bring the sauce to a simmer and then reduce the heat to medium low.
- ☐ Add the shrimp and cook in the sauce for 5 minutes,
- ☐ Remove from the heat and add the chopped parsley and chopped cilantro.
- ☐ Add salt and pepper if necessary and discard bay leaf.
- ☐ Serve each portion in a bowl with white rice.

Nutrition Facts



Properties

Glycemic Index:46.33, Glycemic Load:0.81, Inflammation Score:-7, Nutrition Score:18.805217486685%

Flavonoids

Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg

Nutrients (% of daily need)

Calories: 487.59kcal (24.38%), Fat: 36.84g (56.67%), Saturated Fat: 29.86g (186.61%), Carbohydrates: 10.78g (3.59%), Net Carbohydrates: 6.86g (2.49%), Sugar: 6.34g (7.04%), Cholesterol: 248.44mg (82.81%), Sodium: 413.67mg (17.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.18g (68.36%), Manganese: 1.38mg (68.8%), Vitamin K: 51.96µg (49.49%), Copper: 0.99mg (49.39%), Phosphorus: 476.05mg (47.61%), Magnesium: 111.22mg (27.81%), Vitamin C: 22.65mg (27.46%), Potassium: 913.21mg (26.09%), Zinc: 3.08mg (20.5%), Iron: 3.4mg (18.88%), Vitamin A: 924.82IU (18.5%), Fiber: 3.92g (15.69%), Calcium: 131.87mg (13.19%), Selenium: 8.42µg (12.03%), Folate: 37.26µg (9.31%), Vitamin B3: 1.43mg (7.13%), Vitamin B6: 0.12mg (6.01%), Vitamin E: 0.85mg (5.65%), Vitamin B1: 0.06mg (4.25%), Vitamin B5: 0.34mg (3.37%), Vitamin B2: 0.02mg (1.29%)