



Shrimp Creole II

 Gluten Free

READY IN



70 min.

SERVINGS



8

CALORIES



244 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons butter
- 15 ounce tomato sauce canned
- 16 ounce canned tomatoes diced canned
- 5 carrots diced
- 1.5 cups celery chopped
- 3 teaspoons chili powder
- 1 pound mushrooms fresh sliced
- 1 bell pepper green chopped

- 2 onions chopped
- 4 ounce pimento peppers diced drained
- 1 pound shrimp cooked
- 2 cups water
- 1 cup rice white uncooked
- 1 zucchini sliced

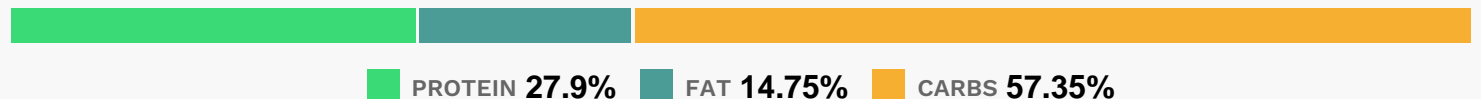
Equipment

- sauce pan
- oven
- pot

Directions

- In a saucepan, bring water to a boil.
- Add rice and stir. Reduce heat, cover, and simmer for 20 minutes; set aside. Meanwhile, preheat oven to 300 degrees F (150 degrees C).
- In a large saucepan or pot, melt butter over medium heat, and saute carrots, onions, bell pepper, celery, mushrooms, and zucchini, until just tender. Stir in tomatoes and tomato sauce.
- Let cook, stirring constantly, for 5 minutes.
- Mix shrimp, pimientos, and chili powder into the pot. Stir in cooked rice and simmer on low heat for 10 minutes.
- Pour mixture into a 9x13 inch dish.
- Bake in preheated oven until the rice mixture thickens, about 40 minutes.

Nutrition Facts



Properties

Glycemic Index:50.25, Glycemic Load:15.85, Inflammation Score:-10, Nutrition Score:22.583478190329%

Flavonoids

Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.23mg, Quercetin: 6.23mg, Quercetin: 6.23mg, Quercetin: 6.23mg

Nutrients (% of daily need)

Calories: 243.58kcal (12.18%), Fat: 4.21g (6.47%), Saturated Fat: 2.06g (12.86%), Carbohydrates: 36.79g (12.26%), Net Carbohydrates: 31.12g (11.32%), Sugar: 10.26g (11.4%), Cholesterol: 98.81mg (32.94%), Sodium: 483.4mg (21.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.9g (35.8%), Vitamin A: 7597.02IU (151.94%), Vitamin C: 46.09mg (55.87%), Copper: 0.7mg (35.03%), Manganese: 0.65mg (32.72%), Potassium: 1024.77mg (29.28%), Phosphorus: 273.4mg (27.34%), Vitamin B6: 0.46mg (23%), Vitamin B2: 0.39mg (22.91%), Fiber: 5.67g (22.66%), Vitamin B3: 4.48mg (22.4%), Vitamin K: 19.85µg (18.9%), Magnesium: 68.12mg (17.03%), Vitamin B5: 1.67mg (16.66%), Vitamin E: 2.38mg (15.9%), Iron: 2.78mg (15.47%), Selenium: 9.94µg (14.2%), Folate: 51.6µg (12.9%), Zinc: 1.91mg (12.74%), Vitamin B1: 0.18mg (12.25%), Calcium: 109.15mg (10.92%)