

Shrimp Creole III

 Dairy Free

READY IN



70 min.

SERVINGS



8

CALORIES



318 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon cajun spice
- ☐ 14.5 ounce canned tomatoes diced peeled canned
- ☐ 0.5 cup celery chopped
- ☐ 1 tablespoon flour all-purpose
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 6 cloves garlic chopped
- ☐ 0.5 cup bell pepper green chopped
- ☐ 1 teaspoon hot sauce

- ☐ 0.5 cup olive oil
- ☐ 1 large onion chopped
- ☐ 1 teaspoon salt
- ☐ 3 pounds shrimp fresh deveined peeled
- ☐ 21.5 ounce tomato purée canned
- ☐ 2 cups water
- ☐ 1 cup rice white uncooked
- ☐ 0.3 cup white wine

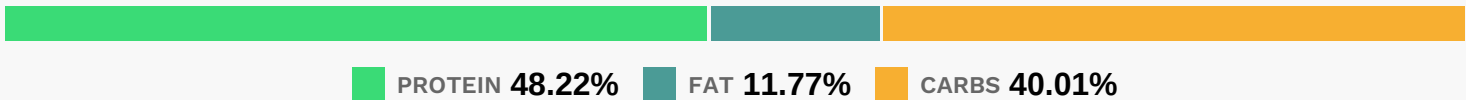
Equipment

- ☐ sauce pan
- ☐ pot

Directions

- ☐ In a large heavy iron pot; medium heat, pour in olive oil and saute onions, celery, bell pepper and garlic until well wilted.
- ☐ Add flour and tomato puree and stir together. Gradually pour in 10.75 ounces of water.
- ☐ Cook for 15 minutes, stirring occasionally.
- ☐ Pour in diced tomatoes and wine; cook for 15 minutes.
- ☐ Season with hot sauce, Cajun seasoning, salt and parsley. Stir in the shrimp. Cover and cook over low heat for 30 minutes. Meanwhile, in a saucepan bring 2 cups of water to a boil.
- ☐ Add rice and stir. Reduce heat, cover and simmer for 20 minutes.
- ☐ When the dish is done, let it sit for 10 minutes.
- ☐ Serve over the cooked rice.

Nutrition Facts



Properties

Glycemic Index:46.65, Glycemic Load:14.95, Inflammation Score:-6, Nutrition Score:16.438695824665%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 1.27mg, Apigenin: 1.27mg, Apigenin: 1.27mg, Apigenin: 1.27mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg

Nutrients (% of daily need)

Calories: 317.78kcal (15.89%), Fat: 4.18g (6.43%), Saturated Fat: 0.66g (4.14%), Carbohydrates: 31.99g (10.66%), Net Carbohydrates: 28.51g (10.37%), Sugar: 6.88g (7.64%), Cholesterol: 273.86mg (91.29%), Sodium: 686.18mg (29.83%), Alcohol: 0.77g (100%), Alcohol %: 0.22% (100%), Protein: 38.56g (77.12%), Copper: 0.99mg (49.29%), Phosphorus: 447.17mg (44.72%), Manganese: 0.64mg (32.09%), Vitamin C: 22.55mg (27.33%), Potassium: 934.15mg (26.69%), Magnesium: 97.17mg (24.29%), Zinc: 2.99mg (19.95%), Vitamin K: 19.51µg (18.58%), Calcium: 174.65mg (17.47%), Iron: 3.02mg (16.76%), Vitamin B6: 0.32mg (15.8%), Vitamin E: 2.14mg (14.29%), Fiber: 3.48g (13.92%), Vitamin B3: 2.13mg (10.64%), Vitamin A: 503.72IU (10.07%), Vitamin B1: 0.14mg (9.39%), Selenium: 5.04µg (7.2%), Folate: 27.97µg (6.99%), Vitamin B5: 0.67mg (6.67%), Vitamin B2: 0.1mg (5.95%)