



HEALTH SCORE

64%

Shrimp Creole IV



Dairy Free



Very Healthy

READY IN



135 min.

SERVINGS



6

CALORIES



1037 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup bacon grease
- ☐ 2 bay leaves
- ☐ 1.5 teaspoons pepper black freshly ground
- ☐ 2 teaspoons brown sugar
- ☐ 2 cups tomato sauce canned
- ☐ 1 carrots finely chopped
- ☐ 1 teaspoon cayenne pepper
- ☐ 2 strips celery chopped

- ☐ 1 teaspoon basil dried
- ☐ 1 teaspoon rosemary dried
- ☐ 1 teaspoon thyme leaves dried
- ☐ 1 tablespoon garlic minced
- ☐ 1 large bell pepper green chopped
- ☐ 1 cup green onion chopped
- ☐ 0.5 onion chopped
- ☐ 2 onions chopped
- ☐ 1 teaspoon pepper sauce hot
- ☐ 6 servings salt to taste
- ☐ 3 pounds shrimp – deveined peeled
- ☐ 4 tomatoes chopped
- ☐ 4 cups water

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ pot

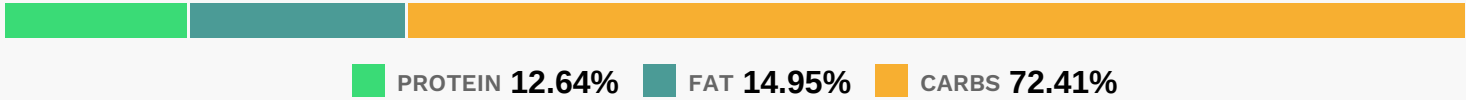
Directions

- ☐ In a medium stock pot, combine the reserved shrimp shells, 1/2 onion, 1 carrot, 2 strips celery, and 4 cups water. Simmer for 1 hour, uncovered; stirring occasionally. Strain the stock into a smaller saucepan, boil and reduce the stock to 2 cups.
- ☐ Remove from heat.
- ☐ In a heavy skillet, melt grease over medium heat.
- ☐ Add the onions, celery, garlic and green bell pepper; saute until soft and beginning to caramelize around the edges.
- ☐ Add the bay leaves, salt, black pepper, brown sugar, cayenne pepper, hot sauce, and 2 cups reduced shrimp stock. Bring to a boil and add crushed rosemary, crushed thyme, crushed basil, tomatoes, and tomato sauce.

- ☐
- Cover and simmer over low/medium heat, stirring occasionally, for 1 hour.

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Nutrition Facts



Properties

Glycemic Index:77.31, Glycemic Load:72.14, Inflammation Score:-10, Nutrition Score:34.820869590925%

Flavonoids

Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.31mg, Luteolin: 1.31mg, Luteolin: 1.31mg, Luteolin: 1.31mg Isorhamnetin: 2.3mg, Isorhamnetin: 2.3mg, Isorhamnetin: 2.3mg, Isorhamnetin: 2.3mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 12.21mg, Quercetin: 12.21mg, Quercetin: 12.21mg, Quercetin: 12.21mg

Nutrients (% of daily need)

Calories: 1037.47kcal (51.87%), Fat: 17.17g (26.41%), Saturated Fat: 5.88g (36.78%), Carbohydrates: 187.12g (62.37%), Net Carbohydrates: 175.3g (63.75%), Sugar: 15.95g (17.72%), Cholesterol: 12.49mg (4.16%), Sodium: 657.46mg (28.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.66g (65.31%), Selenium: 144.44µg (206.34%), Manganese: 2.52mg (126.07%), Vitamin A: 3157.62IU (63.15%), Vitamin C: 47.34mg (57.38%), Vitamin K: 53.98µg (51.41%), Phosphorus: 503.71mg (50.37%), Fiber: 11.82g (47.28%), Copper: 0.9mg (44.77%), Magnesium: 158.44mg (39.61%), Potassium: 1164.35mg (33.27%), Vitamin B6: 0.64mg (32.01%), Vitamin B3: 5.59mg (27.95%), Iron: 4.91mg (27.26%), Zinc: 3.81mg (25.37%), Folate: 86.25µg (21.56%), Vitamin B1: 0.31mg (20.82%), Vitamin E: 2.35mg (15.69%), Vitamin B2: 0.25mg (14.88%), Vitamin B5: 1.45mg (14.46%), Calcium: 114.53mg (11.45%), Vitamin D: 0.33µg (2.19%)