



Shrimp Diablos



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



3

CALORIES



237 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10.8 ounce condensed tomato soup canned
- ☐ 1 bell pepper green chopped
- ☐ 2 jalapeño peppers seeded chopped
- ☐ 2 teaspoons olive oil
- ☐ 0.5 onion chopped
- ☐ 3 servings pepper sauce hot to taste tabasco® (such as)
- ☐ 1 pound shrimp frozen thawed cooked

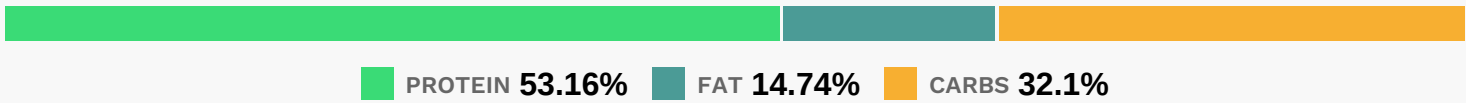
Equipment

☐ frying pan

Directions

- ☐ Heat olive oil in a skillet over medium heat. Cook and stir onion, bell pepper, and jalapeno peppers in hot oil until tender, 3 to 5 minutes.
- ☐ Add shrimp and continue cooking until shrimp are pink and no longer opaque, about 5 minutes more.
- ☐ Pour tomato soup over shrimp mixture; season with hot pepper sauce. Simmer mixture until hot, about 5 minutes.

Nutrition Facts



Properties

Glycemic Index:35.17, Glycemic Load:5.84, Inflammation Score:-6, Nutrition Score:13.610000110191%

Flavonoids

Luteolin: 2mg, Luteolin: 2mg, Luteolin: 2mg, Luteolin: 2mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.21mg, Quercetin: 5.21mg, Quercetin: 5.21mg, Quercetin: 5.21mg

Nutrients (% of daily need)

Calories: 237.12kcal (11.86%), Fat: 4.01g (6.16%), Saturated Fat: 0.68g (4.23%), Carbohydrates: 19.62g (6.54%), Net Carbohydrates: 17.26g (6.28%), Sugar: 10.48g (11.64%), Cholesterol: 243.43mg (81.14%), Sodium: 567.8mg (24.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.5g (65%), Vitamin C: 57.5mg (69.69%), Phosphorus: 370.74mg (37.07%), Copper: 0.68mg (33.98%), Potassium: 1089.57mg (31.13%), Magnesium: 74.35mg (18.59%), Zinc: 2.3mg (15.37%), Manganese: 0.27mg (13.56%), Vitamin A: 646.12IU (12.92%), Calcium: 119.31mg (11.93%), Vitamin B6: 0.24mg (11.87%), Fiber: 2.37g (9.46%), Vitamin K: 9.59µg (9.14%), Iron: 1.6mg (8.88%), Vitamin E: 1.21mg (8.09%), Vitamin B3: 1.2mg (6.01%), Vitamin B1: 0.08mg (5.17%), Selenium: 3.18µg (4.54%), Folate: 9.98µg (2.49%), Vitamin B2: 0.04mg (2.23%)