



food
network

Shrimp Etoufee

 Dairy Free

READY IN



65 min.

SERVINGS



6

CALORIES



353 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14.5 ounce canned tomatoes diced canned
- ☐ 0.5 cup canola oil
- ☐ 0.5 teaspoon cayenne pepper
- ☐ 2 stalks celery chopped
- ☐ 2 cups chicken stock see
- ☐ 8 ounce bottled clam juice
- ☐ 6 servings rice long-grain cooked for serving
- ☐ 0.5 cup flour all-purpose

- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 3 cloves garlic finely chopped
- ☐ 1 bell pepper green seeded chopped
- ☐ 4 green onions sliced
- ☐ 0.5 teaspoon ground pepper white
- ☐ 1 dash big hot sauce such as tabasco
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 1 onion chopped
- ☐ 0.5 teaspoon paprika
- ☐ 1.5 pounds shrimp deveined peeled
- ☐ 1 dash big worcestershire sauce

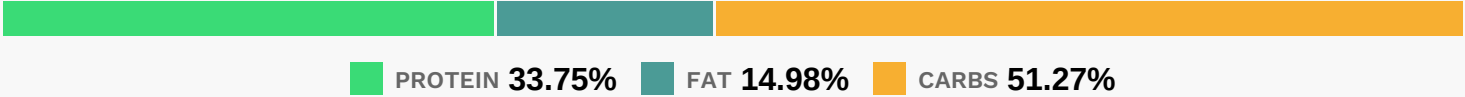
Equipment

- ☐ bowl
- ☐ whisk
- ☐ dutch oven

Directions

- ☐ Add the oil to a large heavy Dutch oven over medium-high heat. Once hot, sprinkle in the flour. Cook the roux, while stirring, until it's the shade of peanut butter, 10 to 12 minutes.
- ☐ Add the thyme, garlic, celery, onions and bell pepper and saute until the vegetables are soft, about 5 minutes. Stir in the paprika, cayenne and white pepper and cook until fragrant, about 1 minute.
- ☐ Whisk in the stock, clam juice, tomatoes, hot sauce and Worcestershire. Season with salt and pepper. Bring to a boil, reduce to a low simmer and cook, uncovered, stirring occasionally, 30 minutes.
- ☐ After 30 minutes of simmering, adjust the seasoning with salt, pepper and hot sauce. Stir in the shrimp, lower the heat and cook until the shrimp are cooked through and bright pink, about 5 minutes. Stir in the green onions right before serving.
- ☐ Serve in a bowl with a mound of white rice in the center.

Nutrition Facts



Properties

Glycemic Index:73.17, Glycemic Load:30.47, Inflammation Score:-8, Nutrition Score:14.463478376036%

Flavonoids

Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg Luteolin: 1.23mg, Luteolin: 1.23mg, Luteolin: 1.23mg, Luteolin: 1.23mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.09mg, Quercetin: 5.09mg, Quercetin: 5.09mg, Quercetin: 5.09mg

Nutrients (% of daily need)

Calories: 352.88kcal (17.64%), Fat: 5.83g (8.97%), Saturated Fat: 0.76g (4.78%), Carbohydrates: 44.91g (14.97%), Net Carbohydrates: 42.32g (15.39%), Sugar: 5.85g (6.5%), Cholesterol: 184.97mg (61.66%), Sodium: 509.04mg (22.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.56g (59.12%), Phosphorus: 333.31mg (33.33%), Manganese: 0.62mg (31.23%), Copper: 0.61mg (30.5%), Vitamin C: 23.7mg (28.73%), Vitamin K: 25.32µg (24.11%), Potassium: 592.04mg (16.92%), Selenium: 11.81µg (16.87%), Magnesium: 65.24mg (16.31%), Zinc: 2.27mg (15.1%), Vitamin A: 714.26IU (14.29%), Calcium: 131.07mg (13.11%), Vitamin B6: 0.26mg (12.95%), Vitamin B3: 2.53mg (12.67%), Iron: 2.25mg (12.51%), Folate: 44.34µg (11.09%), Vitamin B1: 0.17mg (11%), Fiber: 2.6g (10.39%), Vitamin B2: 0.17mg (9.78%), Vitamin E: 1.01mg (6.76%), Vitamin B5: 0.48mg (4.82%)