

Shrimp Étouffée

READY IN



45 min.

SERVINGS



4

CALORIES



459 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 tablespoons butter softened
- ☐ 2 teaspoons cajun spice salt-free
- ☐ 0.8 cup celery chopped
- ☐ 16 ounce bottled clam juice
- ☐ 2.7 cups rice long-grain hot cooked
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 0.3 cup flour all-purpose
- ☐ 3 garlic cloves minced
- ☐ 1 cup bell pepper green chopped

- ☐ 0.5 cup green onions chopped
- ☐ 1 cup onion chopped
- ☐ 0.5 teaspoon salt
- ☐ 1 pound shrimp deveined peeled
- ☐ 0.8 cup tomatoes chopped
- ☐ 1 teaspoon worcestershire sauce

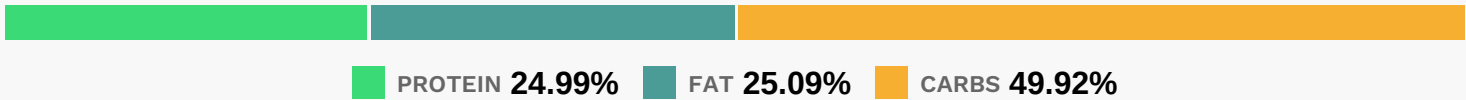
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Melt 1 tablespoon butter in a Dutch oven over medium heat.
- ☐ Add onion, bell pepper, celery, and garlic to pan; cook 8 minutes or until very tender and onion begins to brown, stirring frequently.
- ☐ Place onion mixture in a bowl. Melt remaining 3 tablespoons butter in pan. Stir in flour; cook 6 minutes or until flour turns a deep rust color, stirring constantly. Stir in Cajun seasoning, thyme, and clam juice; cook for 1 minute. Stir in onion mixture, tomato, and Worcestershire sauce; simmer for 15 minutes or until thick.
- ☐ Add green onions, salt, and shrimp; cook for 6 minutes or until shrimp are done, stirring occasionally.
- ☐ Serve over hot cooked rice.
- ☐ Serve with hot sauce, if desired.

Nutrition Facts



Properties

Glycemic Index:104.5, Glycemic Load:37.93, Inflammation Score:-9, Nutrition Score:18.806956288607%

Flavonoids

Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg Luteolin: 1.96mg, Luteolin: 1.96mg, Luteolin: 1.96mg, Luteolin: 1.96mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 10.55mg, Quercetin: 10.55mg, Quercetin: 10.55mg, Quercetin: 10.55mg

Nutrients (% of daily need)

Calories: 459.2kcal (22.96%), Fat: 12.89g (19.83%), Saturated Fat: 7.49g (46.79%), Carbohydrates: 57.7g (19.23%), Net Carbohydrates: 53.92g (19.61%), Sugar: 7.98g (8.87%), Cholesterol: 212.67mg (70.89%), Sodium: 969.22mg (42.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.89g (57.78%), Vitamin C: 46.28mg (56.1%), Manganese: 0.85mg (42.59%), Vitamin K: 39.48µg (37.6%), Phosphorus: 354.77mg (35.48%), Copper: 0.65mg (32.57%), Vitamin A: 1596.12IU (31.92%), Potassium: 766.81mg (21.91%), Vitamin B6: 0.4mg (19.8%), Magnesium: 78.06mg (19.52%), Selenium: 11.89µg (16.98%), Zinc: 2.51mg (16.72%), Fiber: 3.78g (15.13%), Folate: 58.13µg (14.53%), Calcium: 138.33mg (13.83%), Iron: 2.25mg (12.52%), Vitamin B1: 0.18mg (11.79%), Vitamin B3: 1.8mg (8.99%), Vitamin E: 1.21mg (8.08%), Vitamin B2: 0.14mg (7.94%), Vitamin B5: 0.76mg (7.6%)