



Shrimp Etouffee

 Popular

READY IN



75 min.

SERVINGS



4

CALORIES



227 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup bell pepper diced
- ☐ 2 tablespoons butter
- ☐ 0.5 cup celery diced
- ☐ 2 cups chicken broth
- ☐ 1 tablespoon creole seasoning
- ☐ 4 tablespoons flour
- ☐ 4 cloves garlic chopped
- ☐ 0.3 cup green onions sliced

- ☐ 4 servings hot sauce to taste
- ☐ 2 tablespoons juice of lemon (-)
- ☐ 1 cup onion diced
- ☐ 0.3 cup parsley chopped
- ☐ 4 servings salt and pepper to taste
- ☐ 1 pound shrimp shelled
- ☐ 1 teaspoon thyme leaves chopped
- ☐ 1 cup tomatoes diced
- ☐ 1 tablespoon worcestershire sauce

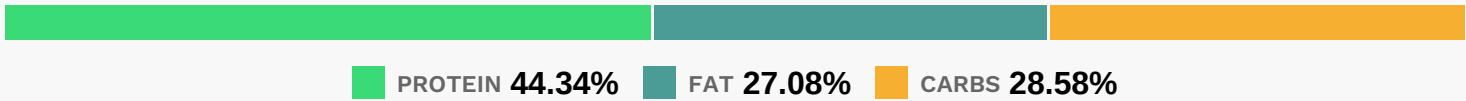
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Melt the butter in a large sauce pan over medium heat, cook until it starts to brown sprinkle in the flour while mixing and simmer until it turns a dark brown, about 10–20 minutes.Meanwhile, bring the shrimp shells and chicken broth to a boil, reduce the heat and simmer for 10 minutes before straining the solids from the broth and set aside.
- ☐ Add the onion, celery and peppers to the roux and cook until tender, about 8–10 minutes.
- ☐ Add the garlic and thyme and cook for a minute.
- ☐ Whisk in the broth, add the tomatoes, creole seasoning and Worcestershire sauce and simmer for 20 minutes.
- ☐ Add the shrimp and cook until cooked, about 5 minutes.Season with hot sauce, salt and pepper to taste.
- ☐ Mix in the butter, lemon juice, green onion and parsley and enjoy over cooked rice.

Nutrition Facts



Properties

Glycemic Index:106.25, Glycemic Load:6.19, Inflammation Score:-9, Nutrition Score:17.566087010114%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Apigenin: 8.46mg, Apigenin: 8.46mg, Apigenin: 8.46mg, Apigenin: 8.46mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg Quercetin: 9.19mg, Quercetin: 9.19mg, Quercetin: 9.19mg, Quercetin: 9.19mg

Nutrients (% of daily need)

Calories: 227.48kcal (11.37%), Fat: 7.07g (10.87%), Saturated Fat: 3.84g (23.99%), Carbohydrates: 16.78g (5.59%), Net Carbohydrates: 14.08g (5.12%), Sugar: 5.11g (5.68%), Cholesterol: 199.97mg (66.66%), Sodium: 886.12mg (38.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.04g (52.08%), Vitamin K: 83.76µg (79.78%), Vitamin C: 44.68mg (54.16%), Vitamin A: 2054.54IU (41.09%), Phosphorus: 302mg (30.2%), Copper: 0.55mg (27.7%), Potassium: 669.22mg (19.12%), Manganese: 0.37mg (18.59%), Magnesium: 61.96mg (15.49%), Zinc: 2.01mg (13.38%), Folate: 53.42µg (13.36%), Calcium: 123.46mg (12.35%), Iron: 2.11mg (11.7%), Vitamin B6: 0.23mg (11.26%), Fiber: 2.7g (10.82%), Vitamin B2: 0.18mg (10.72%), Vitamin B1: 0.15mg (10.04%), Vitamin E: 1.2mg (8.03%), Vitamin B3: 1.45mg (7.26%), Selenium: 3.96µg (5.65%), Vitamin B5: 0.27mg (2.73%)