

Shrimp Etouffee II

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



6

CALORIES



201 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon cayenne pepper
- 0.5 cup celery diced
- 10.8 ounce cream of chicken soup canned
- 0.5 cup parsley fresh chopped
- 4 cloves garlic minced
- 0.5 cup bell pepper green chopped
- 0.5 cup green onion chopped
- 0.3 cup butter

- 0.5 cup onion chopped
- 0.3 teaspoon pepper sauce hot to taste
- 6 servings salt to taste
- 1 pound shrimp cleaned
- 3 tablespoons tomato paste

Equipment

- microwave

Directions

- In a 2 quart microwave safe dish, combine margarine, onion, green onion, bell pepper, garlic and celery.
- Heat on High settings for 8 to 9 minutes.
- Stir in parsley, tomato paste, soup, shrimp, salt, hot pepper sauce and cayenne.
- Heat on High setting for 5 minutes. Stir and cook for another 5 minutes until mixture thickens.
- Serve over white rice.

Nutrition Facts



Properties

Glycemic Index:47.17, Glycemic Load:2.81, Inflammation Score:-7, Nutrition Score:12.57217388179%

Flavonoids

Apigenin: 11.01mg, Apigenin: 11.01mg, Apigenin: 11.01mg, Apigenin: 11.01mg Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.78mg, Myricetin: 0.78mg, Myricetin: 0.78mg, Myricetin: 0.78mg Quercetin: 3.95mg, Quercetin: 3.95mg, Quercetin: 3.95mg, Quercetin: 3.95mg

Nutrients (% of daily need)

Calories: 201.26kcal (10.06%), Fat: 11.1g (17.07%), Saturated Fat: 2.56g (15.98%), Carbohydrates: 8.95g (2.98%), Net Carbohydrates: 7.6g (2.76%), Sugar: 2.49g (2.77%), Cholesterol: 125.78mg (41.93%), Sodium: 809.25mg (35.18%),

Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.59g (35.17%), Vitamin K: 105.79µg (100.75%), Vitamin C: 22.08mg (26.77%), Vitamin A: 1176.18IU (23.52%), Copper: 0.43mg (21.35%), Phosphorus: 204.02mg (20.4%), Potassium: 433.32mg (12.38%), Magnesium: 40.44mg (10.11%), Iron: 1.73mg (9.63%), Zinc: 1.37mg (9.15%), Manganese: 0.18mg (9.08%), Calcium: 85.66mg (8.57%), Vitamin E: 1.09mg (7.29%), Folate: 21.97µg (5.49%), Fiber: 1.35g (5.39%), Vitamin B6: 0.1mg (5.24%), Vitamin B2: 0.07mg (3.86%), Vitamin B3: 0.68mg (3.4%), Vitamin B1: 0.04mg (2.7%), Selenium: 1.84µg (2.62%), Vitamin B5: 0.2mg (2.05%)