



Shrimp in Bahia Sauce

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

READY IN



81 min.

SERVINGS



8

CALORIES



227 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons achiote seeds (achiote)
- 2 tablespoons cilantro leaves fresh divided chopped
- 3 garlic cloves peeled
- 1 tablespoon habanero pepper seeded chopped
- 0.5 cup coconut milk light
- 1 lime cut into 8 wedges
- 2 tablespoons juice of lime fresh
- 2 tablespoons olive oil

- 2.3 cups onion halved lengthwise sliced
- 1 cup bell pepper red halved lengthwise sliced
- 0.5 teaspoon salt divided
- 2 pounds shrimp deveined peeled
- 3 cups tomatoes diced peeled seeded
- 8 ounces yuca fresh thawed (cassava)

Equipment

- bowl
- frying pan
- sauce pan
- knife
- potato masher
- wooden spoon
- colander
- cutting board

Directions

- Peel yuca, and cut into 1/2-inch cubes to measure 1 1/4 cups.
- Place yuca in a medium saucepan; cover with water. Bring to boil over high heat. Cover, reduce heat to medium-low, and simmer 25 minutes or until tender.
- Drain yuca in a colander over a bowl, reserving 1/2 cup cooking liquid. Return yuca and reserved 1/2 cup cooking liquid to pan; mash with a potato masher until smooth. Discard any tough fibers.
- Place garlic on a cutting board; mash to a paste by dragging and pressing broad side of knife over garlic several times.
- Combine garlic, shrimp, lime juice, and 1/4 teaspoon salt in a medium bowl.
- Let stand at room temperature 30 minutes.
- Heat a large skillet over medium-low heat.

- Add oil to pan; swirl to coat. Stir in annatto seeds, and cook 5 minutes or until oil turns deep orange in color, shaking pan frequently.
- Remove from heat; let stand 10 minutes. Discard annatto seeds, reserving oil in pan.
- Heat pan over medium heat until annatto oil is hot.
- Add onion and bell pepper; cook 6 minutes or until tender.
- Add tomato; cook 10 minutes or until tomato breaks down, stirring occasionally. Mash mixture with a wooden spoon.
- Add shrimp with marinade, coconut milk, and Scotch bonnet. Reduce heat to low, and simmer 3 minutes, stirring occasionally. Stir in reserved mashed yuca, remaining 1/4 teaspoon salt, and 1 tablespoon cilantro; cook 2 minutes or until shrimp are done. Spoon shrimp mixture into shallow bowls; sprinkle evenly with remaining 1 tablespoon cilantro, and serve with lime wedges.

Nutrition Facts

PROTEIN 42.37% **FAT 20.19%** **CARBS 37.44%**

Properties

Glycemic Index:32.41, Glycemic Load:7.83, Inflammation Score:-7, Nutrition Score:12.53086960834%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 3.94mg, Hesperetin: 3.94mg, Hesperetin: 3.94mg, Hesperetin: 3.94mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 2.25mg, Isorhamnetin: 2.25mg, Isorhamnetin: 2.25mg, Isorhamnetin: 2.25mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 9.75mg, Quercetin: 9.75mg, Quercetin: 9.75mg, Quercetin: 9.75mg

Nutrients (% of daily need)

Calories: 227.13kcal (11.36%), Fat: 5.24g (8.06%), Saturated Fat: 1.5g (9.38%), Carbohydrates: 21.87g (7.29%), Net Carbohydrates: 19g (6.91%), Sugar: 5.63g (6.25%), Cholesterol: 182.57mg (60.86%), Sodium: 426.63mg (18.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.74g (49.49%), Vitamin C: 47.98mg (58.15%), Phosphorus: 289.92mg (28.99%), Copper: 0.57mg (28.35%), Potassium: 674.38mg (19.27%), Manganese: 0.32mg (15.95%), Magnesium: 63.82mg (15.95%), Vitamin A: 723.54IU (14.47%), Vitamin B6: 0.26mg (13.08%), Zinc: 1.9mg (12.64%), Calcium: 122.44mg (12.24%), Fiber: 2.87g (11.48%), Iron: 1.83mg (10.16%), Vitamin E: 1.52mg (10.11%), Folate: 33.54µg (8.38%), Vitamin B1: 0.1mg (6.87%), Vitamin K: 7.01µg (6.68%), Vitamin B3: 1.17mg (5.86%), Vitamin B2: 0.1mg

(5.67%), Vitamin B5: 0.28mg (2.85%), Selenium: 0.74µg (1.06%)