

Shrimp Pilau

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

READY IN



45 min.

SERVINGS



6

CALORIES



406 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 28 ounce canned tomatoes whole undrained chopped canned
- 2 carrots with tops, each cut into 3 pieces
- 2 celery stalks cut into 3 pieces
- 0.5 teaspoon pepper red crushed
- 1 tablespoon parsley fresh chopped
- 3 tablespoons parsley fresh chopped
- 3 tablespoons olive oil
- 1 onion quartered

- 1.5 cups onion chopped
- 1 tablespoon teaspoon oregano dried fresh chopped
- 1.5 cups rice long-grain uncooked
- 0.5 teaspoon salt
- 1.5 pounds shrimp unpeeled
- 1 tablespoon teaspoon thyme dried fresh chopped
- 6 cups water

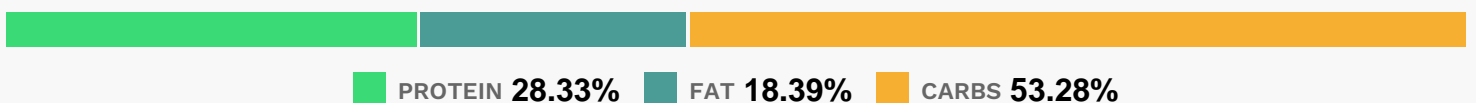
Equipment

- bowl
- frying pan
- sieve
- dutch oven

Directions

- To prepare broth, peel shrimp, reserving shells. Cover and chill shrimp.
- Combine shrimp shells, water, and next 7 ingredients (water through quartered onion) in a large Dutch oven; bring to a boil. Reduce heat to medium; cook until reduced to 3 cups (about 40 minutes). Strain broth through a sieve into a bowl, and discard solids.
- To prepare pilau, heat oil in pan over medium heat.
- Add 1 1/2 cups chopped onion, and saut 5 minutes. Stir in red pepper and tomatoes, and cook 5 minutes. Stir in broth, rice, and 1/2 teaspoon salt; bring to a boil. Cover, reduce heat, and simmer 20 minutes. Fluff rice with a fork. Stir in shrimp; cover and cook 3 minutes or until shrimp are done.
- Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:57.67, Glycemic Load:26.91, Inflammation Score:-10, Nutrition Score:23.081738969554%

Flavonoids

Apigenin: 5.82mg, Apigenin: 5.82mg, Apigenin: 5.82mg, Apigenin: 5.82mg Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Isorhamnetin: 2.92mg, Isorhamnetin: 2.92mg, Isorhamnetin: 2.92mg, Isorhamnetin: 2.92mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 11.9mg, Quercetin: 11.9mg, Quercetin: 11.9mg, Quercetin: 11.9mg

Nutrients (% of daily need)

Calories: 406.09kcal (20.3%), Fat: 8.46g (13.02%), Saturated Fat: 1.27g (7.96%), Carbohydrates: 55.17g (18.39%), Net Carbohydrates: 49.81g (18.11%), Sugar: 9.4g (10.44%), Cholesterol: 182.57mg (60.86%), Sodium: 539.62mg (23.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.34g (58.68%), Vitamin A: 4032.14IU (80.64%), Vitamin K: 63.67µg (60.64%), Manganese: 0.96mg (47.88%), Copper: 0.88mg (43.75%), Phosphorus: 367.06mg (36.71%), Vitamin C: 23.16mg (28.08%), Potassium: 929.63mg (26.56%), Magnesium: 94.2mg (23.55%), Fiber: 5.36g (21.44%), Vitamin E: 3.1mg (20.65%), Iron: 3.61mg (20.06%), Vitamin B6: 0.39mg (19.6%), Calcium: 180.72mg (18.07%), Zinc: 2.63mg (17.56%), Vitamin B3: 2.74mg (13.71%), Vitamin B1: 0.18mg (11.79%), Selenium: 8.17µg (11.67%), Folate: 42.93µg (10.73%), Vitamin B5: 0.99mg (9.92%), Vitamin B2: 0.13mg (7.87%)