

Shrimp Piquante

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



445 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 0.5 teaspoon pepper black
- 14.5 ounce canned tomatoes whole undrained chopped canned
- 1 cup celery chopped
- 6 cups rice long-grain cooked (without salt or fat)
- 1 teaspoon thyme leaves dried
- 0.3 cup cooking wine dry red
- 0.5 cup flour all-purpose

- 1 tablespoon garlic minced
- 1 cup bell pepper green chopped
- 0.5 teaspoon ground pepper red
- 1.5 cups onion chopped
- 0.5 teaspoon salt
- 2 pounds shrimp fresh unpeeled
- 8 ounce no-salt-added tomato sauce canned
- 1 teaspoon vegetable oil
- 2 cups water

Equipment

- frying pan
- dutch oven

Directions

- Peel and devein shrimp; set aside.
- Place a small nonstick skillet over medium heat; add flour. Cook, uncovered, 8 to 10 minutes or until browned, stirring often. Set aside.
- Coat a Dutch oven with cooking spray; add oil, and place over medium-high heat until hot.
- Add garlic, and saute 1 minute.
- Add onion, celery, and green pepper; saute 5 to 7 minutes or until tender. Stir in browned flour.
- Add tomato and next 7 ingredients; stir well. Stir in water; bring to a boil. Cover, reduce heat, and simmer 30 minutes.
- Remove and discard bay leaves.
- Stir in shrimp, and cook 8 minutes or until shrimp turn pink.
- Serve over rice.

Nutrition Facts



■ PROTEIN 34.8% ■ FAT 5.2% ■ CARBS 60%

Properties

Glycemic Index:71.67, Glycemic Load:56.76, Inflammation Score:-7, Nutrition Score:20.238260932591%

Flavonoids

Petunidin: 0.33mg, Petunidin: 0.33mg, Petunidin: 0.33mg, Petunidin: 0.33mg Delphinidin: 0.42mg, Delphinidin: 0.42mg, Delphinidin: 0.42mg, Delphinidin: 0.42mg Malvidin: 2.62mg, Malvidin: 2.62mg, Malvidin: 2.62mg, Malvidin: 2.62mg Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg Epicatechin: 1.07mg, Epicatechin: 1.07mg, Epicatechin: 1.07mg, Epicatechin: 1.07mg Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Luteolin: 1.36mg, Luteolin: 1.36mg, Luteolin: 1.36mg, Luteolin: 1.36mg Isorhamnetin: 2.01mg, Isorhamnetin: 2.01mg, Isorhamnetin: 2.01mg, Isorhamnetin: 2.01mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 8.82mg, Quercetin: 8.82mg, Quercetin: 8.82mg, Quercetin: 8.82mg

Nutrients (% of daily need)

Calories: 444.58kcal (22.23%), Fat: 2.54g (3.9%), Saturated Fat: 0.5g (3.13%), Carbohydrates: 65.88g (21.96%), Net Carbohydrates: 61.54g (22.38%), Sugar: 7.02g (7.8%), Cholesterol: 243.43mg (81.14%), Sodium: 665.27mg (28.92%), Alcohol: 1.05g (100%), Alcohol %: 0.22% (100%), Protein: 38.21g (76.42%), Manganese: 1.2mg (59.75%), Copper: 0.94mg (47.15%), Phosphorus: 458.65mg (45.87%), Vitamin C: 33.04mg (40.05%), Potassium: 936.73mg (26.76%), Magnesium: 103.95mg (25.99%), Selenium: 16.51µg (23.58%), Zinc: 3.31mg (22.03%), Vitamin B6: 0.43mg (21.5%), Iron: 3.32mg (18.42%), Fiber: 4.34g (17.36%), Calcium: 170.44mg (17.04%), Vitamin K: 16.32µg (15.54%), Vitamin B1: 0.21mg (14.28%), Vitamin B3: 2.71mg (13.56%), Folate: 53.02µg (13.25%), Vitamin E: 1.74mg (11.61%), Vitamin A: 558.01IU (11.16%), Vitamin B5: 1.09mg (10.95%), Vitamin B2: 0.16mg (9.63%)