



Shrimp-Stuffed Peppers

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



444 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup butter
- ☐ 3 celery stalks diced
- ☐ 1.5 cups breadcrumbs dry fine
- ☐ 8 large bell peppers green
- ☐ 1 bunch green onions diced
- ☐ 1 cup onion diced
- ☐ 0.5 teaspoon pepper
- ☐ 0.3 teaspoon salt

☐ 3.5 pounds shrimp fresh unpeeled

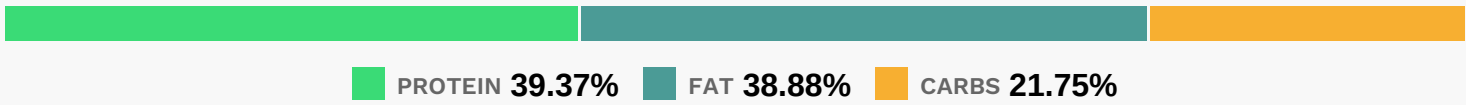
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Cut tops from bell peppers; remove and discard seeds and membrane. Set aside.
- ☐ Peel shrimp, and devein, if desired; set aside.
- ☐ Melt butter in a large skillet over medium heat; add onions and celery, and saut 2 minutes. Reduce heat to low; add shrimp, and saute 3 minutes or until shrimp turn pink.
- ☐ Remove from heat; stir in breadcrumbs, salt, and pepper. Spoon evenly into peppers, and place in an 11- x 7-inch baking dish.
- ☐ Add hot water to dish to a depth of 1 inch.
- ☐ Bake at 350 for 35 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:16.63, Glycemic Load:0.96, Inflammation Score:-9, Nutrition Score:21.122608754946%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 7.74mg, Luteolin: 7.74mg, Luteolin: 7.74mg, Luteolin: 7.74mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.01mg, Quercetin: 8.01mg, Quercetin: 8.01mg, Quercetin: 8.01mg

Nutrients (% of daily need)

Calories: 443.96kcal (22.2%), Fat: 19.53g (30.04%), Saturated Fat: 4.1g (25.66%), Carbohydrates: 24.59g (8.2%), Net Carbohydrates: 20.42g (7.42%), Sugar: 6.13g (6.81%), Cholesterol: 319.5mg (106.5%), Sodium: 665.16mg (28.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.49g (88.98%), Vitamin C: 133.99mg (162.41%),

Phosphorus: 503.25mg (50.33%), Copper: 0.95mg (47.42%), Vitamin A: 1405.76IU (28.12%), Potassium: 902.58mg (25.79%), Manganese: 0.5mg (25%), Magnesium: 98.18mg (24.55%), Zinc: 3.22mg (21.44%), Vitamin B6: 0.42mg (21.05%), Vitamin B1: 0.3mg (20.18%), Calcium: 194.81mg (19.48%), Vitamin K: 20.41µg (19.43%), Fiber: 4.17g (16.69%), Iron: 2.67mg (14.83%), Folate: 44.56µg (11.14%), Vitamin B3: 2.18mg (10.9%), Vitamin E: 1.31mg (8.72%), Vitamin B2: 0.14mg (8.49%), Selenium: 5.23µg (7.48%), Vitamin B5: 0.32mg (3.24%), Vitamin B12: 0.09µg (1.54%)