



Shrimp with Lemon-Saffron Rice

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

READY IN



45 min.

SERVINGS



4

CALORIES



518 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 teaspoon garlic fresh minced
- ☐ 0.5 cup bell pepper green chopped
- ☐ 2 cups rice instant uncooked
- ☐ 2.5 tablespoons juice of lemon fresh
- ☐ 14 ounce lower-sodium chicken broth fat-free canned
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 0.5 cup onion chopped

- ☐ 1.5 teaspoons oregano fresh chopped
- ☐ 0.3 teaspoon paprika
- ☐ 1 cup peas green frozen
- ☐ 0.3 teaspoon saffron threads crushed
- ☐ 0.3 teaspoon salt
- ☐ 1 pound shrimp deveined peeled
- ☐ 0.5 cup water

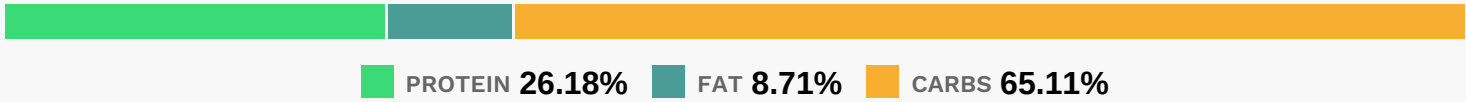
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Heat a large Dutch oven over medium-high heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add onion and bell pepper; saut 3 minutes or until vegetables are tender, stirring frequently.
- ☐ Add garlic; cook 30 seconds, stirring constantly.
- ☐ Add shrimp to pan; cook 30 seconds, stirring frequently.
- ☐ Add rice and next 7 ingredients (through broth). Bring rice mixture to a boil; cover pan. Reduce heat, and simmer 5 minutes or until rice is done.
- ☐ Remove from heat; stir in peas and lemon juice.

Nutrition Facts



Properties

Glycemic Index:73.63, Glycemic Load:46.48, Inflammation Score:-8, Nutrition Score:17.888261131618%

Flavonoids

Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.52mg, Quercetin: 4.52mg, Quercetin: 4.52mg, Quercetin: 4.52mg

Nutrients (% of daily need)

Calories: 518.1kcal (25.9%), Fat: 4.96g (7.64%), Saturated Fat: 0.83g (5.18%), Carbohydrates: 83.47g (27.82%), Net Carbohydrates: 79.11g (28.77%), Sugar: 3.75g (4.17%), Cholesterol: 182.57mg (60.86%), Sodium: 472.07mg (20.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.57g (67.14%), Manganese: 1.31mg (65.61%), Vitamin C: 34.84mg (42.23%), Phosphorus: 401.34mg (40.13%), Copper: 0.75mg (37.33%), Potassium: 781.23mg (22.32%), Selenium: 14.88µg (21.26%), Magnesium: 82.17mg (20.54%), Zinc: 3.08mg (20.53%), Fiber: 4.36g (17.45%), Vitamin K: 17.63µg (16.79%), Vitamin B6: 0.3mg (15.16%), Calcium: 129.76mg (12.98%), Iron: 2.32mg (12.91%), Vitamin B1: 0.19mg (12.44%), Vitamin B3: 2.41mg (12.06%), Vitamin B5: 1.05mg (10.47%), Folate: 40.39µg (10.1%), Vitamin A: 422.3IU (8.45%), Vitamin B2: 0.11mg (6.57%), Vitamin E: 0.92mg (6.1%)