



Shrimp with Spicy Tomato Sauce

 Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



25

CALORIES



49 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 oz tomato sauce canned
- 0.5 cup cooking wine dry white
- 0.3 cup parsley fresh chopped
- 3 cloves garlic minced
- 1 large bell pepper green chopped
- 1.5 tsp ground pepper black
- 0.3 cup 1/4 cup kraft zesty italian dressing italian kraft
- 1 large onion chopped

- 1 Tbsp pepper sauce hot
- 4 oz pimentos undrained chopped
- 2 lb shrimp cleaned (31 to 35 count)
- 1 Tbsp vinegar

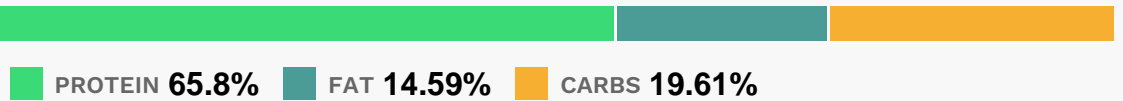
Equipment

- frying pan

Directions

- Cook and stir shrimp in dressing in large nonstick skillet on medium-high heat 2 min. Stir in onions, peppers and garlic. Cook 5 min. or until shrimp turn pink and onions are tender, stirring frequently.
- Add tomato sauce, wine, parsley, pimentos with their liquid, the vinegar, hot pepper sauce and black pepper; stir. Cover. Reduce heat to low; simmer 15 min.
- Serve over hot cooked white rice, if desired.

Nutrition Facts



Properties

Glycemic Index:11.44, Glycemic Load:0.45, Inflammation Score:-3, Nutrition Score:3.53260871768%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 1.29mg, Apigenin: 1.29mg, Apigenin: 1.29mg, Apigenin: 1.29mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

Nutrients (% of daily need)

Calories: 48.8kcal (2.44%), Fat: 0.75g (1.16%), Saturated Fat: 0.12g (0.76%), Carbohydrates: 2.28g (0.76%), Net Carbohydrates: 1.77g (0.64%), Sugar: 1.2g (1.34%), Cholesterol: 58.42mg (19.47%), Sodium: 125.14mg (5.44%), Alcohol: 0.49g (100%), Alcohol %: 0.87% (100%), Protein: 7.66g (15.31%), Vitamin C: 12.38mg (15.01%), Vitamin K: 12.62µg (12.02%), Phosphorus: 86.49mg (8.65%), Copper: 0.17mg (8.3%), Vitamin A: 237.02IU (4.74%), Potassium: 164.24mg (4.69%), Magnesium: 16.86mg (4.21%), Zinc: 0.56mg (3.7%), Manganese: 0.07mg (3.54%), Calcium: 29.67mg (2.97%), Iron: 0.48mg (2.67%), Vitamin B6: 0.05mg (2.64%), Fiber: 0.51g (2.05%), Vitamin E: 0.25mg (1.68%)