



Simple Shrimp Creole

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



449 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 1 teaspoon cajun spice
- 28 ounce canned tomatoes crushed canned
- 0.5 cup celery chopped
- 0.5 cup chicken broth
- 3 cups rice hot cooked
- 3 tablespoons flour all-purpose
- 1 teaspoon garlic minced

- 0.5 cup bell pepper green chopped
- 0.3 teaspoon ground pepper red
- 3 tablespoons olive oil
- 1 medium onion chopped
- 0.5 teaspoon salt
- 1 pound shrimp fresh peeled

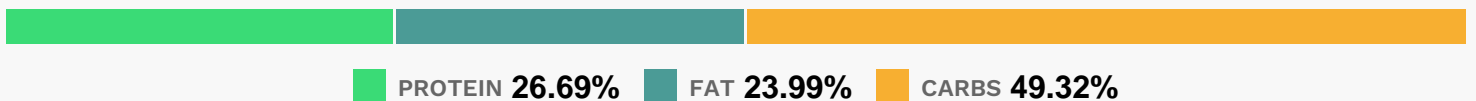
Equipment

- frying pan

Directions

- Saut first 4 ingredients in hot oil in a large skillet over medium heat 5 minutes or until onion is tender; gradually stir in flour until smooth. Stir in tomatoes and next 5 ingredients. Cover, reduce heat to low, and cook, stirring occasionally, 20 minutes. Stir in shrimp, and cook 5 more minutes or until shrimp turn pink.
- Remove and discard bay leaves.
- Serve over hot cooked rice.
- Chicken Creole: Prepare recipe as directed, substituting 1 pound boned and skinned chicken breast, cut into bite-size pieces, for shrimp. Cook chicken an additional 5 minutes or until done. Proceed as directed. Prep: 15 min., Cook: 35 min.

Nutrition Facts



Properties

Glycemic Index:92, Glycemic Load:43.81, Inflammation Score:-8, Nutrition Score:21.835217417906%

Flavonoids

Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.06mg, Quercetin: 6.06mg, Quercetin:

6.06mg, Quercetin: 6.06mg

Nutrients (% of daily need)

Calories: 448.57kcal (22.43%), Fat: 12.26g (18.86%), Saturated Fat: 1.79g (11.19%), Carbohydrates: 56.7g (18.9%), Net Carbohydrates: 51.08g (18.58%), Sugar: 10.79g (11.99%), Cholesterol: 183.16mg (61.05%), Sodium: 810.34mg (35.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.69g (61.38%), Manganese: 1.11mg (55.54%), Copper: 0.94mg (46.75%), Vitamin C: 36.02mg (43.65%), Phosphorus: 382.25mg (38.23%), Potassium: 1056.52mg (30.19%), Vitamin E: 4.35mg (28.98%), Vitamin B6: 0.52mg (25.92%), Magnesium: 102.47mg (25.62%), Fiber: 5.62g (22.48%), Iron: 4.05mg (22.47%), Vitamin K: 22.56µg (21.48%), Zinc: 2.82mg (18.8%), Selenium: 12.44µg (17.77%), Vitamin B3: 3.52mg (17.62%), Vitamin A: 854.84IU (17.1%), Calcium: 170.54mg (17.05%), Vitamin B1: 0.25mg (16.82%), Folate: 51.77µg (12.94%), Vitamin B5: 1.14mg (11.41%), Vitamin B2: 0.19mg (11.29%)