



WHATSheATE



Skillet Shrimp and Rice



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



443 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14.5 oz canned tomatoes diced canned
- ☐ 3 cloves garlic chopped
- ☐ 1 bell pepper diced green seeded
- ☐ 3 cups chicken broth low-sodium
- ☐ 1.5 teaspoons old bay seasoning
- ☐ 1 small onion chopped
- ☐ 2 cups rice long-grain
- ☐ 6 servings salt

- ☐ 1 pound shrimp deveined peeled
- ☐ 4 slices bacon thick-cut cut into 1/2-inch pieces (3 oz.)

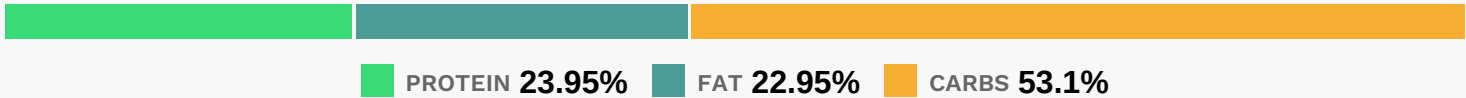
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 375F.
- ☐ Place bacon in a large ovenproof skillet and cook over medium heat until crisp, about 5 minutes.
- ☐ Transfer to a papertowel- lined plate to drain.
- ☐ Discard all but 1 Tbsp. fat from pan.
- ☐ Add onion, garlic and bell pepper to pan and cook until softened, about 3 minutes.
- ☐ Add rice and cook, stirring, 1 minute. Stir in tomatoes, broth, Old Bay seasoning and salt; bring mixture to a boil.
- ☐ Cover and transfer pan to oven. Cook until rice is tender, 15 to 20 minutes. Uncover, lay shrimp on rice, re-cover, and continue to bake until shrimp are opaque, another 5 to 7 minutes.
- ☐ Sprinkle with bacon and serve.

Nutrition Facts



Properties

Glycemic Index:27.7, Glycemic Load:31.52, Inflammation Score:-4, Nutrition Score:15.197825903478%

Flavonoids

Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg

Nutrients (% of daily need)

Calories: 442.63kcal (22.13%), Fat: 11.31g (17.4%), Saturated Fat: 3.65g (22.82%), Carbohydrates: 58.85g (19.62%), Net Carbohydrates: 56.13g (20.41%), Sugar: 4.24g (4.71%), Cholesterol: 137.55mg (45.85%), Sodium: 573mg (24.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.55g (53.09%), Manganese: 0.92mg (46.15%), Phosphorus: 335.08mg (33.51%), Copper: 0.65mg (32.67%), Vitamin C: 23.64mg (28.66%), Vitamin B3: 4.54mg (22.7%), Selenium: 14.85µg (21.22%), Potassium: 681.45mg (19.47%), Vitamin B6: 0.36mg (18.16%), Magnesium: 64.29mg (16.07%), Zinc: 2.35mg (15.67%), Iron: 2.42mg (13.44%), Vitamin B1: 0.18mg (12.12%), Fiber: 2.73g (10.91%), Calcium: 107.35mg (10.73%), Vitamin B5: 0.99mg (9.92%), Vitamin K: 9.26µg (8.82%), Vitamin B2: 0.13mg (7.76%), Vitamin E: 1.11mg (7.41%), Vitamin A: 243.09IU (4.86%), Folate: 18.77µg (4.69%), Vitamin B12: 0.24µg (3.97%)