



Spanish Rice with Shrimp

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

READY IN



45 min.

SERVINGS



4

CALORIES



420 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup celery chopped
- 2 garlic cloves minced
- 1 cup bell pepper green chopped
- 1 tablespoon olive oil
- 1 cup onion chopped
- 5 cups plum tomatoes chopped (7 tomatoes)
- 1 cup rice medium-grain uncooked
- 0.5 teaspoon salt

1 pound shrimp deveined peeled

2 cups water

Equipment

frying pan

Directions

Heat oil in a large nonstick skillet over medium-high heat.

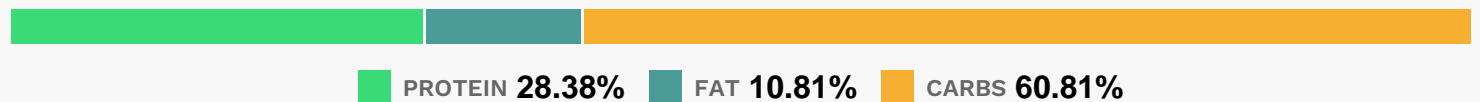
Add onion and garlic; saut 4 minutes.

Add tomato, pepper, and celery; saut 6 minutes.

Stir in water, rice, and salt, and bring to a boil. Cover, reduce heat, and simmer for 15 minutes.

Add shrimp; cook 4 minutes or until shrimp are done.

Nutrition Facts



Properties

Glycemic Index:54.75, Glycemic Load:41.18, Inflammation Score:-10, Nutrition Score:27.234782467718%

Flavonoids

Naringenin: 2.01mg, Naringenin: 2.01mg, Naringenin: 2.01mg, Naringenin: 2.01mg Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg Luteolin: 1.9mg, Luteolin: 1.9mg, Luteolin: 1.9mg, Luteolin: 1.9mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 10.73mg, Quercetin: 10.73mg, Quercetin: 10.73mg, Quercetin: 10.73mg

Nutrients (% of daily need)

Calories: 419.76kcal (20.99%), Fat: 5.11g (7.86%), Saturated Fat: 0.81g (5.05%), Carbohydrates: 64.65g (21.55%), Net Carbohydrates: 57.9g (21.06%), Sugar: 10.55g (11.72%), Cholesterol: 182.57mg (60.86%), Sodium: 460.06mg (20%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.18g (60.37%), Vitamin C: 74.28mg (90.04%), Manganese: 1.12mg (56.19%), Vitamin A: 2658.92IU (53.18%), Folate: 196.9µg (49.23%), Copper: 0.81mg (40.52%), Phosphorus: 394.21mg (39.42%), Potassium: 1207.74mg (34.51%), Vitamin B1: 0.49mg (32.59%), Vitamin K: 32.11µg (30.58%), Fiber: 6.75g (27.01%), Vitamin B6: 0.5mg (24.86%), Magnesium: 96.5mg (24.13%), Iron: 4.17mg (23.19%), Vitamin B3: 4.47mg (22.33%), Zinc: 2.84mg (18.9%), Vitamin E: 2.28mg (15.21%), Selenium: 9.4µg (13.42%), Calcium: 128.38mg (12.84%), Vitamin B5: 1.15mg (11.51%), Vitamin B2: 0.11mg (6.74%)