



## Spanish Shrimp and Rice



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



479 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 small carrots diced
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 2 cloves garlic chopped
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 1 small onion chopped
- ☐ 0.5 cup peas frozen thawed
- ☐ 0.5 bell pepper diced red
- ☐ 1.5 cups converted rice white

- ☐ 1 pound shrimp deveined peeled
- ☐ 1 medium tomatoes chopped
- ☐ 0.5 teaspoon turmeric
- ☐ 3 tablespoons vegetable oil

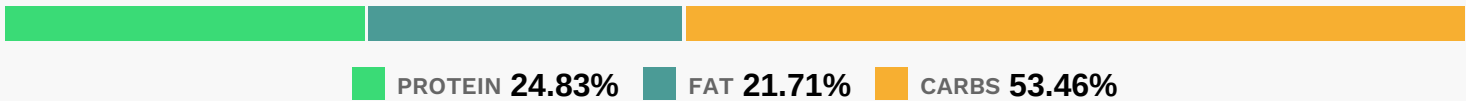
## Equipment

- ☐ frying pan

## Directions

- ☐ Heat the vegetable oil in a large, deep skillet over medium heat.
- ☐ Add the onion, garlic and turmeric and cook until the onion is slightly softened, about 3 minutes.
- ☐ Add the tomato, carrot and bell pepper and cook, stirring occasionally, until tender, about 5 minutes.
- ☐ Sprinkle with 3/4 teaspoon salt, and pepper to taste.
- ☐ Add the shrimp and cook, stirring occasionally, until they begin to turn pink, about 1 minute.
- ☐ Add the rice, 2 cups water and 1/2 tablespoon parsley; bring to a boil. Reduce the heat to medium low, cover and simmer until the rice is tender, 15 to 20 minutes.
- ☐ Remove from the heat and sprinkle in the peas and the remaining 1/2 tablespoon parsley. Cover and let stand 5 minutes. Fluff the rice mixture with a fork and incorporate the peas and parsley. Season with salt and pepper.
- ☐ Serve with hot sauce.
- ☐ Photograph by Christopher Testani

## Nutrition Facts



## Properties

Glycemic Index:79.09, Glycemic Load:35.5, Inflammation Score:-10, Nutrition Score:18.923478105794%

## Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 3.82mg, Quercetin: 3.82mg, Quercetin: 3.82mg, Quercetin: 3.82mg

Nutrients (% of daily need)

Calories: 479.46kcal (23.97%), Fat: 11.5g (17.7%), Saturated Fat: 1.85g (11.54%), Carbohydrates: 63.72g (21.24%), Net Carbohydrates: 60.34g (21.94%), Sugar: 3.91g (4.34%), Cholesterol: 182.57mg (60.86%), Sodium: 345.48mg (15.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.59g (59.19%), Vitamin A: 3033.52IU (60.67%), Manganese: 1.01mg (50.27%), Vitamin K: 44.66µg (42.53%), Vitamin C: 34.4mg (41.69%), Phosphorus: 366.27mg (36.63%), Copper: 0.67mg (33.43%), Magnesium: 72.79mg (18.2%), Zinc: 2.69mg (17.93%), Potassium: 611.1mg (17.46%), Selenium: 11.14µg (15.92%), Vitamin B6: 0.27mg (13.73%), Fiber: 3.38g (13.52%), Calcium: 113.47mg (11.35%), Iron: 1.83mg (10.15%), Vitamin B3: 2mg (9.98%), Vitamin E: 1.44mg (9.59%), Vitamin B1: 0.14mg (9.11%), Folate: 36.15µg (9.04%), Vitamin B5: 0.87mg (8.65%), Vitamin B2: 0.09mg (5.39%)