



Spicy Rice with Shrimp and Peppers



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



489 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon annatto powder
- ☐ 2 teaspoons balsamic vinegar
- ☐ 2.5 cups bottled clam juice
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1 garlic clove chopped
- ☐ 0.5 bell pepper green seeded chopped
- ☐ 4 green onions divided chopped
- ☐ 0.5 habanero chile whole seeded chopped

- ☐ 1 tablespoon juice of lime fresh
- ☐ 0.3 cup olive oil
- ☐ 1 cup onion chopped
- ☐ 2 plum tomatoes seeded chopped
- ☐ 1 pound shrimp deveined uncooked peeled
- ☐ 1 cup rice medium-grain white

Equipment

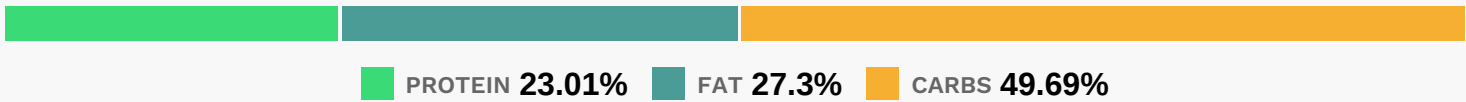
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Whisk extra-virgin olive oil, 2 teaspoons vinegar, and 2 chopped green onions in small bowl. Season with salt and pepper.
- ☐ Toss shrimp with lime juice in bowl.
- ☐ Let stand 30 minutes. Bring clam juice and annatto powder to boil in small saucepan, stirring to dissolve. Cover and set aside.
- ☐ Heat 1/4 cup olive oil in heavy large skillet over medium-high heat.
- ☐ Add shrimp with any juices to pan; sprinkle with salt and sauté until just opaque in center, about 3 minutes.
- ☐ Transfer to plate.
- ☐ Add onion, green pepper, and garlic to pan; sauté 2 minutes.
- ☐ Add tomatoes, cilantro, chile, and 1 chopped green onion to pan. Reduce heat to medium and sauté until vegetables are almost tender, about 3 minutes.
- ☐ Add 1 tablespoon vinegar and rice; stir 2 minutes.
- ☐ Add clam juice mixture. Boil rice mixture 1 minute. Reduce heat to low, cover, and cook until rice is tender and broth is absorbed, about 20 minutes. Season with salt and pepper. Stir in shrimp. Cover and cook until shrimp are heated through, about 1 minute.

- ☐ Transfer to bowl.
- ☐ Sprinkle with 1 chopped green onion.
- ☐ Serve with dressing.
- ☐ *Available in the spice section of some supermarkets, at Latin markets, and from [wholespice.com](https://www.wholespice.com).

Nutrition Facts



Properties

Glycemic Index:81.3, Glycemic Load:23.95, Inflammation Score:-7, Nutrition Score:15.512608579967%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 10.05mg, Quercetin: 10.05mg, Quercetin: 10.05mg, Quercetin: 10.05mg

Nutrients (% of daily need)

Calories: 488.71kcal (24.44%), Fat: 14.84g (22.83%), Saturated Fat: 2.1g (13.13%), Carbohydrates: 60.79g (20.26%), Net Carbohydrates: 57.92g (21.06%), Sugar: 8.61g (9.57%), Cholesterol: 182.57mg (60.86%), Sodium: 679.3mg (29.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.14g (56.28%), Vitamin C: 32.03mg (38.82%), Manganese: 0.73mg (36.6%), Vitamin K: 37.55µg (35.76%), Phosphorus: 341.36mg (34.14%), Copper: 0.65mg (32.38%), Potassium: 690.58mg (19.73%), Magnesium: 71.07mg (17.77%), Vitamin E: 2.48mg (16.51%), Zinc: 2.35mg (15.64%), Vitamin B6: 0.3mg (14.84%), Vitamin A: 681.37IU (13.63%), Calcium: 122.78mg (12.28%), Fiber: 2.86g (11.46%), Selenium: 7.97µg (11.38%), Iron: 1.7mg (9.46%), Folate: 37.76µg (9.44%), Vitamin B1: 0.11mg (7.46%), Vitamin B3: 1.47mg (7.37%), Vitamin B5: 0.7mg (7.05%), Vitamin B2: 0.07mg (4.33%)