



Spicy Shrimp and Mushroom Casserole

READY IN



27 min.

SERVINGS



4

CALORIES



364 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 0.3 cup cooking wine dry white
- 0.8 cup flour
- 1 cup corn kernels fresh frozen thawed
- 1 clove garlic minced
- 2 tablespoons olive oil
- 2 poblano chiles stemmed seeded cut into 2-inch by 1/4-inch strips
- 1 teaspoon salt
- 4 servings salt and pepper black freshly ground

- 1 pound shrimp deveined
- 2 tablespoons butter unsalted
- 0.3 cup vegetable stock
- 8 ounces button mushrooms white thinly sliced

Equipment

- bowl
- frying pan
- wooden spoon

Directions

- Watch how to make this recipe.
- In a large skillet, melt 2 tablespoons butter over high heat.
- Add the mushrooms and season with salt and pepper. Cook until the juices have evaporated, about 10 minutes.
- Add the poblano strips, corn and garlic. Cook for 5 minutes to blend flavors.
- Mix together the flour, salt, and pepper in a shallow bowl. Dredge the shrimp in the seasoned flour. In a medium skillet, melt the olive oil over medium-high heat.
- Add the shrimp and cook until cooked through, about 3 minutes.
- Transfer the shrimp to the mushroom mixture.
- Add the wine and vegetable stock to the skillet and increase the heat to high, scraping up the brown bits that stick to the bottom of the pan with a wooden spoon. Stir until thickened.
- Pour the sauce over the shrimp and mushroom mixture and stir to coat. Season with salt and pepper, to taste.
- Transfer to a serving dish and serve immediately.

Nutrition Facts



Properties

Glycemic Index:67.75, Glycemic Load:13.78, Inflammation Score:-7, Nutrition Score:17.695217591265%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.81mg, Luteolin: 2.81mg, Luteolin: 2.81mg, Luteolin: 2.81mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg

Nutrients (% of daily need)

Calories: 364.35kcal (18.22%), Fat: 14.28g (21.98%), Saturated Fat: 4.9g (30.62%), Carbohydrates: 30.33g (10.11%), Net Carbohydrates: 27.29g (9.92%), Sugar: 5.17g (5.74%), Cholesterol: 197.62mg (65.87%), Sodium: 787.45mg (34.24%), Alcohol: 1.54g (100%), Alcohol %: 0.58% (100%), Protein: 28.82g (57.63%), Vitamin C: 51.73mg (62.7%), Phosphorus: 366.99mg (36.7%), Copper: 0.73mg (36.27%), Vitamin B2: 0.39mg (22.73%), Vitamin B3: 4.39mg (21.93%), Manganese: 0.43mg (21.6%), Vitamin B1: 0.32mg (21.53%), Potassium: 726.93mg (20.77%), Selenium: 13.65µg (19.49%), Folate: 74.15µg (18.54%), Magnesium: 71.75mg (17.94%), Zinc: 2.26mg (15.07%), Iron: 2.48mg (13.8%), Vitamin B5: 1.29mg (12.94%), Vitamin B6: 0.25mg (12.72%), Fiber: 3.04g (12.16%), Vitamin A: 496.13IU (9.92%), Vitamin E: 1.44mg (9.6%), Vitamin K: 9.93µg (9.46%), Calcium: 90.83mg (9.08%), Vitamin D: 0.22µg (1.46%)