



Spicy Shrimp Creole

 Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



214 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf crushed
- ☐ 15 ounce tomato sauce canned
- ☐ 29 ounce tomatoes crushed canned
- ☐ 0.5 teaspoon cayenne pepper
- ☐ 2 cups julienne celery
- ☐ 2 tablespoons flour all-purpose
- ☐ 4 cloves garlic crushed
- ☐ 1 teaspoon ground pepper black

- ☐ 2 onions chopped
- ☐ 1 tablespoon pepper sauce hot
- ☐ 1 teaspoon salt
- ☐ 2 pounds shrimp deveined peeled
- ☐ 3 tablespoons vegetable oil
- ☐ 1 teaspoon sugar white

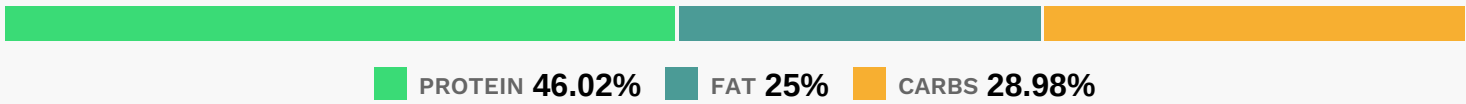
Equipment

- ☐ pot
- ☐ dutch oven

Directions

- ☐ Heat oil in a Dutch oven on medium heat.
- ☐ Saute celery, onions, and garlic in the Dutch oven until the onions are pearly white and the celery has begun to soften.
- ☐ Mix sugar, flour, salt, pepper and cayenne pepper into the Dutch oven.
- ☐ Add crushed tomatoes and tomato sauce, both pieces of bay leaf, and hot sauce. Bring the mixture to a boil, then turn the heat to low.
- ☐ Let the mixture simmer for 30 minutes, stirring occasionally.
- ☐ Approximately 15 minutes before serving, add shrimp to the pot and stir well. If necessary, raise the temperature to medium-low to ensure the Creole is bubbling but not burning. Scoop out the bay leaf halves before serving.
- ☐ Serve when the shrimp is pink and thoroughly cooked.

Nutrition Facts



Properties

Glycemic Index:47.64, Glycemic Load:5.26, Inflammation Score:-6, Nutrition Score:13.986086793568%

Flavonoids

Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.71mg, Quercetin: 5.71mg, Quercetin: 5.71mg, Quercetin: 5.71mg

Nutrients (% of daily need)

Calories: 213.88kcal (10.69%), Fat: 6.26g (9.63%), Saturated Fat: 0.99g (6.19%), Carbohydrates: 16.33g (5.44%), Net Carbohydrates: 12.52g (4.55%), Sugar: 8.47g (9.41%), Cholesterol: 182.57mg (60.86%), Sodium: 877.87mg (38.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.93g (51.86%), Copper: 0.72mg (36.19%), Phosphorus: 309.22mg (30.92%), Potassium: 880.49mg (25.16%), Vitamin K: 24.4µg (23.24%), Vitamin C: 17.78mg (21.55%), Manganese: 0.42mg (20.93%), Magnesium: 75.25mg (18.81%), Vitamin E: 2.59mg (17.23%), Fiber: 3.81g (15.24%), Iron: 2.71mg (15.04%), Vitamin B6: 0.28mg (14.2%), Calcium: 136.09mg (13.61%), Zinc: 2.03mg (13.55%), Vitamin A: 621.95IU (12.44%), Vitamin B3: 2.03mg (10.17%), Folate: 36.23µg (9.06%), Vitamin B1: 0.13mg (8.45%), Vitamin B2: 0.12mg (7.28%), Vitamin B5: 0.57mg (5.68%), Selenium: 2.05µg (2.93%)