



## Spring Shrimp Skillet

 Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



431 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 lb asparagus fresh cut into 1-inch lengths
- 4 slices oscar mayer bacon finely chopped
- 0.3 cup 1/4 cup kraft zesty italian dressing italian kraft
- 0.5 cup onions chopped ( 1 small)
- 1 lb shrimp raw deveined peeled
- 1.5 cups tomato salsa
- 6 oz stove top stuffing mix for chicken

## Equipment

- frying pan
- sauce pan

## Directions

- Add asparagus to saucepan of boiling water; cook 2 min.
- Drain. Immediately rinse with cold water until asparagus is completely cooled; set aside.
- Heat large skillet on medium heat.
- Add onions, bacon and dressing; stir. Cook 5 min. or until onions are tender and bacon is crisp, stirring occasionally. Meanwhile, prepare stuffing as directed on package.
- Stir shrimp into onion mixture in skillet; cook 5 min. or until shrimp turn pink, stirring occasionally.
- Add salsa; mix well. Bring to boil.
- Add asparagus. Reduce heat to medium-low; simmer 3 min. or until asparagus is heated through.
- Serve with the stuffing.

## Nutrition Facts



## Properties

Glycemic Index:14.75, Glycemic Load:1.06, Inflammation Score:-9, Nutrition Score:28.607391144918%

## Flavonoids

Isorhamnetin: 7.47mg, Isorhamnetin: 7.47mg, Isorhamnetin: 7.47mg, Isorhamnetin: 7.47mg Kaempferol: 1.71mg, Kaempferol: 1.71mg, Kaempferol: 1.71mg, Kaempferol: 1.71mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 19.91mg, Quercetin: 19.91mg, Quercetin: 19.91mg, Quercetin: 19.91mg

## Nutrients (% of daily need)

Calories: 430.6kcal (21.53%), Fat: 14.76g (22.71%), Saturated Fat: 3.92g (24.51%), Carbohydrates: 48.33g (16.11%), Net Carbohydrates: 42.5g (15.45%), Sugar: 11.8g (13.11%), Cholesterol: 157.83mg (52.61%), Sodium: 2173.45mg (94.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.07g (54.13%), Selenium: 62.28µg (88.97%), Vitamin K: 60.38µg (57.51%), Phosphorus: 466.5mg (46.65%), Folate: 159.65µg (39.91%), Vitamin B3: 7.6mg (37.98%), Vitamin B1: 0.55mg (36.35%), Vitamin A: 1544.08IU (30.88%), Vitamin B6: 0.61mg (30.7%), Manganese: 0.61mg (30.38%), Vitamin E: 4.55mg (30.33%), Copper: 0.61mg (30.26%), Iron: 4.86mg (27.03%), Vitamin B2: 0.4mg

(23.71%), Fiber: 5.84g (23.35%), Vitamin B12: 1.38µg (22.95%), Potassium: 798.46mg (22.81%), Magnesium: 77.83mg (19.46%), Zinc: 2.61mg (17.38%), Calcium: 164.61mg (16.46%), Vitamin C: 9.74mg (11.81%), Vitamin B5: 1.18mg (11.75%), Vitamin D: 0.2µg (1.34%)