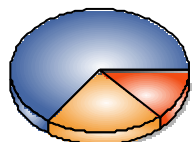


Spicy Shrimp and Cauliflower Mashed Potatoes

Recipe grams: 973.82g/34.4oz

Serves 4 243.46g/8.6oz per serving



Protein: 65%
Carbohydrates: 22%
Fat: 13%

INGREDIENTS

1 tbsp Bacon Bits, Real
1 lb Shrimp, Cooked, Mixed Species, Moist Heat
1 large Onion, Raw
2 cup Tomato, Red, Ripe, Raw, Cherry, Year Round Average, Cherry
1 tsp Hot Pepper Sauce, Chipotle
1/8 tsp Pepper, Red Or Cayenne
4 medium Onion, Spring Or Scallions, Raw, Medium

DIRECTIONS

Prepare Cauliflower Mashed Potatoes by Recipe Provided online at www.drjez.com

Split tomatoes into halved. Remove tails from shrimp

Heat a large pan coated with cooking spray. Add bacon bits and allow to render. Add shrimp and cook until done. Remove from pan and add onion. Saute until soft.

Add bacon, tomatotes, a dash of salt and pepper and sute for 1 minute. Add shrimp, pepper sauce and red pepper and heat thoroughly.

Serve over cauliflower mashed potatoes. Sprinkle with sliced scallions.

NUTRIENT ANALYSIS

INGREDIENT	GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
Bacon Bits, Real	7	30	3	0	2
Shrimp, Cooked	454	540	103	7	8
Onion, Raw	150	60	2	14	0
Tomato, Red, Ripe, Raw, Cherry	298	54	3	12	1
Hot Pepper Sauce, Chipotle	5	0	0	0	0
Pepper, Red Or Cayenne	0	1	0	0	0
Onion, Spring Or Scallions, Raw, Medium	60	19	1	4	0
TOTALS	974	703	112	37	10
PER SERVING	243	176	28	9	3

Nutrition Facts

Serving Size: 1 serving (243.5g)

Servings: 1

Amount Per Serving

Calories 180 Calories from Fat 25

% Daily Value*

Total Fat 2.5g **4%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 240mg **80%**

Sodium 1170mg **49%**

Total Carbohydrate 9g **3%**

Dietary Fiber 2g **8%**

Sugars 4g

Protein 28g

Vitamin A 20%

Vitamin C 25%

Calcium 15%

Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet.

Due to FDA rounding rules, discrepancies may occur between actual nutrient values and the values used on the Nutrition Facts Labels.