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Spicy Sausage and Shrimp Skillet ••

A delicious and flavorful skillet dish made with spicy sausage and succulent shrimp. This dish is perfect for those who enjoy a little heat in their meals. The sausage adds a smoky and spicy flavor, while the shrimp adds a touch of sweetness. It's a quick and easy recipe that can be enjoyed for lunch or dinner.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 25 mins

Total Time: 40 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

250 g	spicy sausage
250 g	Shrimp
100 g	onion
100 g	bell pepper

2 cloves	garlic
200 g	Tomato
2 tsp	cajun seasoning
1 tsp	salt
1 tsp	black pepper
2 tbsp	olive oil

Directions

Step 1

Stove

Heat olive oil in a skillet over medium heat.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Stove

Add the sausage to the skillet and cook until browned.

Prep Time: 0 mins

Cook Time: 10 mins

Step 3

Stove

Add the onion, bell pepper, and garlic to the skillet. Cook until the vegetables are tender.

Prep Time: 5 mins

Cook Time: 5 mins

Step 4

Stove

Add the shrimp, tomato, Cajun seasoning, salt, and black pepper to the skillet. Cook until the shrimp are pink and cooked through.

Prep Time: 0 mins

Cook Time: 10 mins

Step 5

Serve hot and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 18 g

Protein: 30 g

Carbohydrates: 15 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	30 g	176.47%	176.47%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	15 g	27.27%	30%
Fibers	3 g	7.89%	12%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Monounsaturated Fat	8 g	N/A	N/A
Saturated Fat	4 g	18.18%	23.53%
Fat	18 g	64.29%	72%
Cholesterol	200 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	15 iu	1.67%	2.14%
Vitamin C	30 mg	33.33%	40%
Vitamin B6	20 mg	1538.46%	1538.46%
Vitamin B12	40 mcg	1666.67%	1666.67%
Vitamin E	10 mg	66.67%	66.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	10 mg	1%	1%
Iron	20 mg	250%	111.11%
Potassium	600 mg	17.65%	23.08%
Zinc	25 mg	227.27%	312.5%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	60 mcg	109.09%	109.09%

Recipe Attributes

Cuisines

Italian

Nutritional Content

Low Calorie

Kitchen Tools

Blender

Slow Cooker

Course

Appetizers

Main Dishes

Desserts

Salads

Snacks

Sauces & Dressings

Cultural

Passover

Easter

Halloween

Cost

\$10 to \$20

\$20 to \$30

\$30 to \$40

\$40 to \$50

Over \$50

Demographics

Kids Friendly

Teen Friendly

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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