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Low Carb Brazilian Shrimp Stew ♦♦

Low Carb Brazilian Shrimp Stew is a delicious and flavorful dish that originates from Brazil. It is made with fresh shrimp, vegetables, and spices, and is known for its rich and creamy texture. This stew is perfect for those who are following a low carb diet and want to enjoy a taste of Brazil.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 30 mins

Total Time: 45 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

| | |
|--------|--------------|
| 500 g | Shrimp |
| 400 ml | coconut milk |
| 200 g | Tomatoes |
| 100 g | onion |
| 100 g | bell pepper |

| | |
|----------------|----------------|
| 2 | garlic |
| cloves | |
| 10 g | Cilantro |
| 2 tbsp | lime juice |
| 2 tbsp | olive oil |
| 1 tsp | salt |
| 1 tsp | black pepper |
| 1 tsp | paprika |
| 0.5 tsp | cayenne pepper |

Directions

Step 1

Stove

Heat olive oil in a large pot over medium heat. Add onion, bell pepper, and garlic. Cook until vegetables are softened, about 5 minutes.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Stove

Add tomatoes, coconut milk, lime juice, salt, black pepper, paprika, and cayenne pepper to the pot. Stir well to combine.

Prep Time: 5 mins

Cook Time: 10 mins

Step 3

Stove

Bring the mixture to a boil, then reduce heat to low and simmer for 15 minutes.

Prep Time: 0 mins

Cook Time: 15 mins

Step 4

Stove

Add the shrimp to the pot and cook for an additional 5 minutes, or until shrimp are cooked through.

Prep Time: 0 mins

Cook Time: 5 mins

Step 5

Garnish with fresh cilantro and serve hot.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 15 g

Protein: 20 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------|--------------------------|
| Protein | 20 g | 117.65% | 117.65% |

Carbohydrates

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------|-------|------------------------|--------------------------|
| Carbohydrates | 10 g | 18.18% | 20% |
| 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) |
|---------------------|--------|------------------------|--------------------------|
| Monounsaturated Fat | 10 g | N/A | N/A |
| Saturated Fat | 5 g | 22.73% | 29.41% |
| Fat | 15 g | 53.57% | 60% |
| Cholesterol | 150 mg | N/A | N/A |

Vitamins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-------------|--------|------------------------|--------------------------|
| Vitamin A | 10 iu | 1.11% | 1.43% |
| Vitamin C | 20 mg | 22.22% | 26.67% |
| Vitamin B6 | 10 mg | 769.23% | 769.23% |
| Vitamin B12 | 15 mcg | 625% | 625% |
| Vitamin E | 10 mg | 66.67% | 66.67% |
| Vitamin D | 0 mcg | 0% | 0% |

Minerals

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|--------|------------------------|--------------------------|
| Sodium | 500 mg | 21.74% | 21.74% |
| Calcium | 10 mg | 1% | 1% |

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-----------|--------|------------------------|--------------------------|
| Iron | 15 mg | 187.5% | 83.33% |
| Potassium | 500 mg | 14.71% | 19.23% |
| Zinc | 15 mg | 136.36% | 187.5% |
| Selenium | 20 mcg | 36.36% | 36.36% |

Recipe Attributes

Nutritional Content

Low Carb

Low Calorie

Low Fat

Kitchen Tools

Slow Cooker

Blender

Grill

Cuisines

Italian

Middle Eastern

Mexican

Mediterranean

Spanish

American

Diet

Anti-Inflammatory Diet

Course

Side Dishes

Salads

Sauces & Dressings

Soups

Snacks

Cultural

Chinese New Year

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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