

Light Italian Shrimp & Rice Skillet

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/authentic-italian-shrimp-recipe>

Ingredients:

- 16 ounces shrimp frozen raw, peeled, deveined tail-on, thawed
- 2 tablespoons oil Thrive™ Algae
- 1/2 cup diced yellow onion
- 4 garlic cloves minced
- 17 5/8 ounces brown rice microwaveable, Pouches, prepared
- 14 1/2 ounces basil Garlic & Oregano diced tomatoes
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 teaspoon italian seasoning
- 1/2 cup shredded Parmesan cheese
- 2 tablespoons fresh parsley chopped

Nutrition:

1. Calories: 710 calories
2. Carbohydrate: 103 grams
3. Cholesterol: 180 milligrams
4. Fat: 17 grams
5. Fiber: 7 grams
6. Protein: 40 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 940 milligrams
9. Sugar: 1 grams

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