

# Gluten Free Cajun Shrimp Stuffed Mirliton

Yield: 4 min  
Total Time: 118 min

Recipe from: <https://www.recipeschoose.com/recipes/shrimp-stuffed-mirlitos-southern-living-recipe>

## Ingredients:

- 4 mirliton large, chayote squash
- 4 tablespoons butter or oil
- 1 onion chopped
- 1/4 cup green bell pepper chopped
- 1/4 cup red bell pepper chopped
- 2 celery stalks chopped
- 3 garlic cloves minced
- 3/4 pound shrimp
- 1 tablespoon dried parsley flakes
- 2 teaspoons paprika
- 1 tablespoon garlic powder
- 1 teaspoon hot sauce
- cayenne pepper
- salt
- black pepper
- 1/2 cup romano cheese sub Parmesan
- 1 1/4 cups gluten free bread crumbs see notes

## Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 17 grams
3. Cholesterol: 175 milligrams
4. Fat: 18 grams
5. Fiber: 5 grams
6. Protein: 25 grams
7. SaturatedFat: 10 grams
8. Sodium: 630 milligrams

9. Sugar: 5 grams

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