



Asian Shrimp Rice Bowl

 Gluten Free  Dairy Free

READY IN



100 min.

SERVINGS



4

CALORIES



632 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon chile paste
- 2 teaspoons ginger root fresh minced
- 4 cloves garlic minced
- 0.3 cup hoisin sauce
- 2 tablespoons honey
- 2 cups jasmine rice uncooked
- 2 tablespoons olive oil
- 1 orange bell pepper cut into 1/2-inch dice

- 2 tablespoons orange marmalade
- 1 bell pepper red cut into 1/2-inch dice
- 0.3 teaspoon sesame oil
- 1.5 teaspoons sesame seed
- 0.5 pound shrimp cooked
- 0.3 cup soya sauce
- 2 cups sugar snap peas
- 1 onion sweet cut into 1/2-inch dice
- 3 cups water

Equipment

- bowl
- frying pan
- sauce pan
- whisk
- wok

Directions

- Whisk soy sauce, hoisin sauce, honey, chili paste, and orange marmalade together in a small bowl. Stir shrimp into the marinade; refrigerate for one hour.
- Bring the rice and water to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until the rice is tender, and the liquid has been absorbed, 20 to 25 minutes.
- Heat oil in a large skillet or wok. Cook the orange pepper, red pepper, sugar snap peas, and onion in hot oil until they just begin to soften, 2 to 3 minutes. Toss the marinated shrimp, garlic, ginger, and sesame oil into the vegetables; continue to cook until shrimp is heated through, 2 to 3 minutes more.
- Serve over hot jasmine rice, sprinkled with sesame seeds.

Nutrition Facts



■ PROTEIN 14.92% ■ FAT 13.44% ■ CARBS 71.64%

Properties

Glycemic Index:68.11, Glycemic Load:50.24, Inflammation Score:-9, Nutrition Score:24.999130539272%

Flavonoids

Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Myricetin: 0.99mg, Myricetin: 0.99mg, Myricetin: 0.99mg, Myricetin: 0.99mg Quercetin: 12.2mg, Quercetin: 12.2mg, Quercetin: 12.2mg, Quercetin: 12.2mg

Nutrients (% of daily need)

Calories: 632.1kcal (31.6%), Fat: 9.5g (14.62%), Saturated Fat: 1.44g (8.99%), Carbohydrates: 113.92g (37.97%), Net Carbohydrates: 108.53g (39.47%), Sugar: 28.77g (31.97%), Cholesterol: 91.8mg (30.6%), Sodium: 1458.01mg (63.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.72g (47.44%), Vitamin C: 111.76mg (135.47%), Manganese: 1.5mg (74.78%), Vitamin A: 2411.93IU (48.24%), Phosphorus: 335.71mg (33.57%), Copper: 0.66mg (32.83%), Vitamin B6: 0.62mg (30.78%), Selenium: 16.13µg (23.04%), Magnesium: 87.65mg (21.91%), Fiber: 5.39g (21.56%), Folate: 84.25µg (21.06%), Potassium: 683.24mg (19.52%), Iron: 3.46mg (19.2%), Vitamin K: 19.94µg (18.99%), Vitamin B3: 3.58mg (17.88%), Vitamin B5: 1.69mg (16.88%), Zinc: 2.44mg (16.28%), Vitamin E: 2.33mg (15.55%), Vitamin B1: 0.23mg (15.51%), Vitamin B2: 0.23mg (13.71%), Calcium: 136.86mg (13.69%)