



Asian Shrimp Stir-Fry

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



201 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons canola oil
- 1 pound shrimp (deveined uncooked peeled per pound), and
- 1 cup bell pepper (red sliced)
- 1 cup onion (yellow sliced)
- 2 cloves garlic (minced)
- 1 inch ginger (fresh minced peeled (1 tablespoon))
- 0.3 teaspoon pepper (red crushed)
- 1 packet veggie broth (swanson®)

- 1 tablespoon soya sauce
- 1 teaspoon sugar
- 0.3 cup water
- 0.3 teaspoon sesame oil
- 1 teaspoon sesame seed
- 2 tablespoons spring onion sliced

Equipment

- frying pan

Directions

- Heat the oil in a 12-inch skillet over medium-high heat.
- Add the shrimp and stir-fry for 3 minutes or until cooked through.
- Remove the shrimp from the skillet.
- Add the red bell pepper and yellow onion to the skillet and stir-fry for 2 minutes or until the vegetables are tender-crisp.
- Add the garlic, ginger root and crushed red pepper to the skillet and stir-fry for 30 seconds. Return the shrimp to the skillet. Stir in the concentrated broth, soy sauce, sugar and water and cook for 1 minute or until the mixture is hot.
- Remove the skillet from the heat and stir in the sesame oil.
- Sprinkle the shrimp mixture with the sesame seeds and green onion.

Nutrition Facts



Properties

Glycemic Index:75.27, Glycemic Load:2.27, Inflammation Score:-8, Nutrition Score:11.627391304348%

Flavonoids

Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol:

0.31mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.55mg, Quercetin: 8.55mg, Quercetin: 8.55mg, Quercetin: 8.55mg

Taste

Sweetness: 57.14%, Saltiness: 19.2%, Sourness: 7.42%, Bitterness: 20.53%, Savoriness: 2.74%, Fattiness: 100%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 200.54kcal (10.03%), Fat: 8.28g (12.74%), Saturated Fat: 0.75g (4.68%), Carbohydrates: 8.44g (2.81%), Net Carbohydrates: 6.69g (2.43%), Sugar: 4.46g (4.96%), Cholesterol: 182.57mg (60.86%), Sodium: 394.22mg (17.14%), Protein: 24.36g (48.72%), Vitamin C: 51.76mg (62.74%), Phosphorus: 277.33mg (27.73%), Copper: 0.51mg (25.32%), Vitamin A: 1234.78IU (24.7%), Potassium: 472.26mg (13.49%), Magnesium: 53.78mg (13.44%), Vitamin K: 13.38µg (12.74%), Vitamin E: 1.9mg (12.64%), Zinc: 1.78mg (11.87%), Manganese: 0.2mg (10.08%), Vitamin B6: 0.2mg (9.76%), Calcium: 96.18mg (9.62%), Folate: 28.22µg (7.06%), Fiber: 1.75g (6.98%), Iron: 1.12mg (6.2%), Vitamin B1: 0.05mg (3.37%), Vitamin B3: 0.67mg (3.33%), Vitamin B2: 0.06mg (3.33%), Vitamin B5: 0.2mg (2%), Selenium: 0.72µg (1.03%)