



Asparagus Shrimp Stir-Fry

 **Gluten Free**  **Dairy Free**

READY IN



40 min.

SERVINGS



4

CALORIES



352 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 pounds asparagus
- ☐ 4 servings jasmine rice hot steamed
- ☐ 2 tablespoons fish sauce
- ☐ 1 tablespoon garlic minced
- ☐ 0.3 teaspoon pepper
- ☐ 1 teaspoon oyster sauce
- ☐ 2 tablespoons shallots thinly sliced (2 large)
- ☐ 1 teaspoon rice wine

- ☐ 0.5 pound shrimp deveined peeled
- ☐ 1 tablespoon soya sauce
- ☐ 0.5 teaspoon sugar
- ☐ 5 tablespoons vegetable oil divided

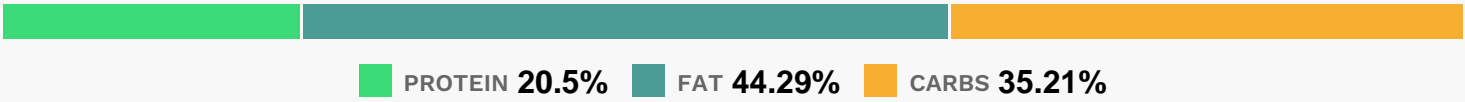
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wok

Directions

- ☐ Snap off the root end of each asparagus stalk. Slice the asparagus into 2-in. pieces on the bias so the resulting points echo the tapered tips of the asparagus. Set aside.
- ☐ Mix together sugar, fish sauce, soy sauce, "oyster" sauce, and 1/2 tsp. oil in a small bowl.
- ☐ Heat a large heavy skillet or wok over high heat and pour in 3 tbsp. oil.
- ☐ Add garlic and fry, stirring vigorously, until the garlic is just beginning to brown, 10 to 15 seconds. Toss in shrimp and cook about 30 seconds.
- ☐ Add 1 tbsp. cooking sauce, toss to coat, and cook, stirring frequently, until shrimp are almost opaque all the way through, about 2 minutes. Scrape shrimp and seasonings into a bowl and set aside.
- ☐ Wipe pan clean and place back over high heat.
- ☐ Pour in remaining 2 tbsp. oil and add shallots. Cook, stirring vigorously, until shallots are slightly browned--30 to 60 seconds.
- ☐ Add asparagus, toss, and pour in remaining sauce mixture. Cook asparagus until almost tender but still a little crunchy, 3 to 5 minutes depending on their thickness.
- ☐ Add shrimp mixture and toss to warm through.
- ☐ Pull off the heat. Stir in the rice wine and pepper and serve immediately, with rice.
- ☐ *Use mild Three Crabs brand for cooking; find in Asian markets and well-stocked grocery stores. The Banhs prefer vegetarian "oyster" sauce, made from mushrooms, to regular oyster sauce because they feel the quality is more consistent.

Nutrition Facts



Properties

Glycemic Index:79.52, Glycemic Load:25.67, Inflammation Score:-8, Nutrition Score:20.198695651863%

Flavonoids

Isorhamnetin: 9.7mg, Isorhamnetin: 9.7mg, Isorhamnetin: 9.7mg, Isorhamnetin: 9.7mg Kaempferol: 2.37mg, Kaempferol: 2.37mg, Kaempferol: 2.37mg, Kaempferol: 2.37mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 23.81mg, Quercetin: 23.81mg, Quercetin: 23.81mg, Quercetin: 23.81mg

Nutrients (% of daily need)

Calories: 352.3kcal (17.62%), Fat: 17.74g (27.3%), Saturated Fat: 2.78g (17.4%), Carbohydrates: 31.74g (10.58%), Net Carbohydrates: 27.58g (10.03%), Sugar: 4.55g (5.06%), Cholesterol: 91.29mg (30.43%), Sodium: 1071.48mg (46.59%), Alcohol: 0.2g (100%), Alcohol %: 0.07% (100%), Protein: 18.48g (36.97%), Vitamin K: 102.3µg (97.43%), Manganese: 0.77mg (38.43%), Copper: 0.62mg (31.13%), Vitamin A: 1288.08IU (25.76%), Phosphorus: 256.9mg (25.69%), Folate: 98.23µg (24.56%), Iron: 4.38mg (24.36%), Vitamin E: 3.35mg (22.33%), Magnesium: 72.59mg (18.15%), Vitamin B1: 0.27mg (18%), Potassium: 583.91mg (16.68%), Fiber: 4.16g (16.65%), Selenium: 11.13µg (15.9%), Vitamin B6: 0.32mg (15.78%), Vitamin B2: 0.27mg (15.73%), Zinc: 2.15mg (14.33%), Vitamin C: 10.6mg (12.84%), Vitamin B3: 2.41mg (12.06%), Calcium: 96.35mg (9.64%), Vitamin B5: 0.83mg (8.3%)