



Black Bean Garlic Shrimp Scramble

 Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



383 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 12 pieces shrimp raw peeled
- 4 eggs
- 0.5 cup peas-carrots mix shopping list frozen thawed
- 1 pieces mushrooms sliced
- 1 pieces mushrooms sliced
- 2 tablespoons black bean garlic sauce
- 1 lime wedges cut into 4
- 2 tablespoons canola oil

- 1 tablespoon sesame oil pure
- 2 tablespoons garlic

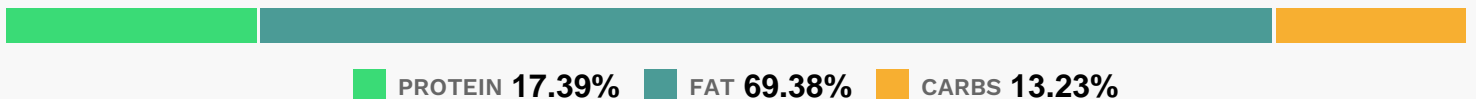
Equipment

- bowl
- frying pan
- whisk
- spatula

Directions

- In a large bowl, whisk the eggs then mix in the shrimp, peas & carrots and mushrooms.
- In a medium-heated large skillet, add the canola oil and stir in the egg mixture. Use a spatula to scramble the eggs for about 4-5 minutes or until the eggs and shrimp are fully cooked. Do not overcook! Halfway through, stir in the black bean garlic sauce until evenly incorporated. Turn off heat and drizzle in the sesame oil.
- Seve on a bowl of hot jasmine rice, give it a good squeeze of lime juice and garnish with fried garlic and a lime wedge.

Nutrition Facts



Properties

Glycemic Index:63, Glycemic Load:1.47, Inflammation Score:-9, Nutrition Score:20.179130434783%

Flavonoids

Hesperetin: 3.87mg, Hesperetin: 3.87mg, Hesperetin: 3.87mg, Hesperetin: 3.87mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Taste

Sweetness: 34.22%, Saltiness: 100%, Sourness: 19.45%, Bitterness: 24.39%, Savoriness: 63.66%, Fattiness: 90.14%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 383.32kcal (19.17%), Fat: 30.31g (46.64%), Saturated Fat: 4.86g (30.37%), Carbohydrates: 13g (4.33%), Net Carbohydrates: 9.85g (3.58%), Sugar: 3.63g (4.04%), Cholesterol: 334.92mg (111.64%), Sodium: 192.05mg (8.35%), Protein: 17.1g (34.19%), Vitamin A: 3815.17IU (76.3%), Selenium: 36.89µg (52.71%), Vitamin B2: 0.72mg (42.55%), Phosphorus: 283.94mg (28.39%), Vitamin B5: 2.55mg (25.52%), Vitamin E: 3.58mg (23.9%), Vitamin B6: 0.37mg (18.52%), Copper: 0.36mg (17.89%), Folate: 67.96µg (16.99%), Vitamin B3: 3.27mg (16.34%), Iron: 2.78mg (15.44%), Vitamin B12: 0.88µg (14.63%), Manganese: 0.28mg (13.8%), Potassium: 459.98mg (13.14%), Vitamin C: 10.51mg (12.73%), Vitamin D: 1.91µg (12.71%), Fiber: 3.15g (12.62%), Zinc: 1.84mg (12.28%), Vitamin B1: 0.18mg (11.89%), Vitamin K: 11.41µg (10.86%), Calcium: 81.52mg (8.15%), Magnesium: 27.02mg (6.76%)