



Black Forbidden Rice with Shrimp, Peaches, and Snap Peas

 Gluten Free  Dairy Free

READY IN



55 min.

SERVINGS



6

CALORIES



466 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups rice black (see note)
- 1.5 inch ginger fresh peeled chopped
- 4 tablespoons grapeseed oil divided
- 2 tablespoons honey
- 6 servings pepper black freshly ground
- 1 tablespoon soy sauce reduced-sodium
- 3 peaches cut into 1/4-inch-thick slices

- 3 tablespoons seasoned rice vinegar
- 1.3 pounds shrimp deveined peeled
- 2.5 cups sugar snap peas cut into 1-inch pieces
- 3.5 cups water

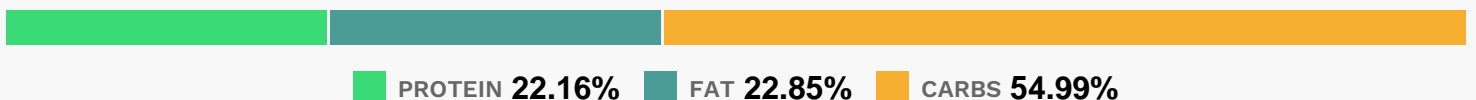
Equipment

- bowl
- frying pan
- paper towels
- sauce pan
- whisk

Directions

- In medium saucepan, bring rice, water, ginger, and teaspoon salt to a boil; reduce heat, cover, and simmer until tender (30 minutes).
- Remove from heat; let stand 5 minutes. Fluff with fork and transfer to a large bowl.
- Meanwhile, in large nonstick skillet, heat 1 tablespoon oil over medium-high heat.
- Add shrimp and a pinch each salt and pepper; cook, stirring, until cooked through and opaque (4-5 minutes).
- Remove shrimp; wipe pan with paper towels.
- In same pan, heat 1 teaspoon oil over medium-high heat.
- Add snap peas and cook, stirring often, 2 minutes.
- Add peaches and cook 2 minutes.
- Transfer to bowl with rice.
- In a medium bowl, whisk together vinegar, remaining 3 tablespoons oil, honey, and soy sauce until smooth; pour dressing over rice mixture, add shrimp, and toss.

Nutrition Facts



Properties

Glycemic Index:40.59, Glycemic Load:5.66, Inflammation Score:-7, Nutrition Score:21.539130501125%

Flavonoids

Cyanidin: 1.44mg, Cyanidin: 1.44mg, Cyanidin: 1.44mg, Cyanidin: 1.44mg Catechin: 3.69mg, Catechin: 3.69mg, Catechin: 3.69mg, Catechin: 3.69mg Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg Epicatechin: 1.75mg, Epicatechin: 1.75mg, Epicatechin: 1.75mg, Epicatechin: 1.75mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 465.54kcal (23.28%), Fat: 11.92g (18.35%), Saturated Fat: 1.39g (8.67%), Carbohydrates: 64.58g (21.53%), Net Carbohydrates: 60.15g (21.87%), Sugar: 14.24g (15.83%), Cholesterol: 152.14mg (50.71%), Sodium: 231.74mg (10.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.02g (52.04%), Manganese: 2.52mg (126.14%), Phosphorus: 451.5mg (45.15%), Magnesium: 141.42mg (35.36%), Vitamin C: 27.7mg (33.57%), Copper: 0.66mg (33.14%), Vitamin E: 4.15mg (27.68%), Selenium: 16.42µg (23.45%), Vitamin B1: 0.33mg (21.88%), Vitamin B6: 0.41mg (20.35%), Vitamin B3: 4.04mg (20.21%), Zinc: 2.85mg (19.02%), Fiber: 4.44g (17.75%), Potassium: 581.94mg (16.63%), Iron: 2.59mg (14.39%), Vitamin A: 688.91IU (13.78%), Vitamin B5: 1.36mg (13.6%), Vitamin K: 13.8µg (13.14%), Calcium: 101.78mg (10.18%), Folate: 35.51µg (8.88%), Vitamin B2: 0.12mg (7.24%)