



## Black Pepper Caramel Shrimp

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



299 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 teaspoons pepper black freshly ground
- 3.5 ounce boil-in-bag brown rice
- 3 tablespoons brown sugar
- 2 teaspoons cornstarch
- 1.5 tablespoons sesame oil dark
- 2 teaspoons fish sauce
- 2 teaspoons garlic fresh minced
- 0.5 cup lower-sodium chicken broth fat-free

- 0.1 teaspoon salt
- 1 pound shrimp deveined peeled
- 2 cups diagonally cut snow peas
- 1 tablespoon water

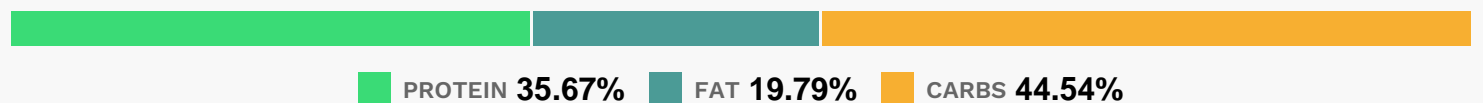
## Equipment

- bowl
- frying pan
- sauce pan
- whisk

## Directions

- Cook rice according to package directions, omitting salt and fat. Keep warm.
- Combine 1 tablespoon water and cornstarch in a small bowl, stirring with a whisk; set aside.
- Heat a large skillet over medium-high heat.
- Add oil to pan; swirl to coat.
- Add shrimp; saut 2 minutes or until shrimp begin to turn pink.
- Add peas, garlic, pepper, and salt; cook 1 minute.
- Remove from heat.
- Combine broth, sugar, and fish sauce in a small saucepan over high heat. Bring to a boil; stir in cornstarch mixture. Cook 30 seconds or until mixture thickens, stirring constantly.
- Pour sugar mixture over shrimp. Return shrimp mixture to medium-high heat; cook 2 minutes or until thoroughly heated.
- Serve over cooked rice.

## Nutrition Facts



## Properties

Glycemic Index:30.19, Glycemic Load:10.87, Inflammation Score:-6, Nutrition Score:14.238695854078%

## Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 298.86kcal (14.94%), Fat: 6.63g (10.2%), Saturated Fat: 1.03g (6.42%), Carbohydrates: 33.58g (11.19%), Net Carbohydrates: 31.17g (11.33%), Sugar: 10.82g (12.02%), Cholesterol: 182.57mg (60.86%), Sodium: 504.32mg (21.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.89g (53.78%), Manganese: 1.25mg (62.58%), Vitamin C: 29.88mg (36.22%), Phosphorus: 338.7mg (33.87%), Copper: 0.58mg (28.77%), Magnesium: 95.14mg (23.78%), Potassium: 563.81mg (16.11%), Zinc: 2.19mg (14.61%), Vitamin K: 14.63µg (13.93%), Iron: 2.27mg (12.61%), Vitamin B6: 0.24mg (12.09%), Vitamin B1: 0.18mg (12.03%), Calcium: 117.91mg (11.79%), Vitamin A: 538.59IU (10.77%), Fiber: 2.41g (9.64%), Vitamin B5: 0.78mg (7.76%), Vitamin B3: 1.46mg (7.32%), Folate: 27.38µg (6.84%), Vitamin B2: 0.05mg (3.24%), Vitamin E: 0.28mg (1.84%), Selenium: 1.01µg (1.45%)